

A Closet for Ladies

To quench ones thirst.

Take the roots of Lovage: wash it cleane: stampe it, and temper it with water: drinke a good draught of it five nights together, and drinke not in two houres after it.

For one that speakes in his sleep.

Take Southernewood, and temper it with Wine, and let the diseased drinke thereof in the morning, and when he goes to bed.

For a woman that bath too much of the Flowers.

Take the foot of a Hare: burne it to powder, and drinke thereof with red Wine and Cinamon first and last nine dayes, and it will help her.

FINIS.

A Closet for Ladies

To quench ones thirst.

Take the roots of Lovage: wash it cleane: stampe it, and temper it with water: drinke a good draught of it five nights together, and drinke not in two houres after it.

For one that speakes in his sleep.

Take Southernewood, and temper it with Wine, and let the diseased drinke thereof in the morning, and when he goes to bed.

For a woman that bath too much of the Flowers.

Take the foot of a Hare: burne it to powder, and drinke thereof with red Wine and Cinamon first and last nine dayes, and it will help her.

FINIS.

DELIGHTS
FOR
LADIES,

TO
ADORN E THEIR
Persons, Tables, Closets,
and Distillatories

WITH

Beauties, Banquets, Perfumes,
and Waters.

Reade, practise, and censure.

LONDON,

Printed by R.Y. and are to bee sold
by James Boler. 1635.





To all true lovers of Art and Knowledge.

Sometimes I write the forms of burning bats,
Supplying wants that were by woodfals wrought ;
sometimes of tubs defended so by Art,
As fire in vain hath their destruction sought.
Sometimes I write of lasting Beverage,
Great Neptune and his pilgrims to content ;
Sometimes of food, sweet, fresh, and durable,
To maintain life, when all things else were spent.
Sometimes I write of sundry sorts of soyle,
Which neither Ceres nor her handmaids knew,
I write to all : but scarcely one beleeves (true.)
Save Dive and Denshire, who have found them
When heavens did mourn in cloudy mantles clad,
And threatned famine to the sons of men :
When sobbing earth denied her kindly fruit
To painfull plowmen and his hindes ; even then
I writ, relieving remedies of dearth,
That art might help, where nature made a fail.

A 2

But

The Epistle.

But all in vaine ; these new borne babes of Art,
In their untimely birth straightway do quale.
Of those or such like other new-found skils,
With painfull pen I whilom wrote at large ;
Expecting still my Countries good therein,
And not respecting labour, time, or charge.
But now my pen and paper are perfume d,
I scorne to write with coppresse or with gall :
Barbaria's Canes are now become my quilts :
Rose-water is the inke I write withall.
Of sweets, the sweetest I will now commend,
To sweetest creatures that the earth doth beare :
These are the Saints to whom I sacrifice,
Preserves & conserves both of plum and pear.
Empaling now adieu : tush, Marchpane wals
Are strong enough, and best besit our age.
Let piercing bullets turne to sugar bals,
The Spanish feare is husht, and all their rage.
Of Marmelade, and paste of Genua,
Of Musked-sugar I intend to write,
Of Leach, of Sucket, and Quidinia,
Affording to each Lady her delight.
I teach both fruits and flowers to preserve,
And candy them; so Nutmegs, Cloves, & Mace :
To make both Marchpane paste, & suger'd plate,
And cast the same in formes of sweetest gracie.
Each bird and fowle so moulded from the life ;
And after cast in sweet compounds of Art,

The Epistle

As if the flesh and forme which nature gave,
Did still remaine in every limbe and part.
When crystall frost hath nipt the tender grape,
And cleane consum'd the fruits of every vine,
Yet here behold the clusters fresh and faire,
Held from the branch, or hanging on the line.
The walnut, smalnut, and the chesnut sweet,
Whose sugred kernels lose their pleasing taste,
Are here from yeere to yeere preserved meet,
And made by Art with strongest fruits to last.
The Artichoke, and th' Apple of such strenght,
The Quince, Pomgranate, with the Barbary:
No sugar us'd, yet colour, taste, and smell,
Are here maintain'd, and kept most naturally.
For Ladies closets, and their distillatories,
Both waters, oyntments, and sweet smelling bals,
In easie termes, without affected speech,
I here present most ready at their cals.
And lest with carefull pen I should omit,
The wrongs that nature on their persons wrought,
Or, parching Sunne with his looser raies,
For these likewise relieving meanes I sought.
No idle thoughts, or vaine surmised skill,
By fancy fram'd within a theorick braine,
My Muse presents unto your sacred eares;
To win your fauours falsly, I disdaine.
From painfull practice, from experience,
I sound, though costly, mysteries derive.

The Epistle.

*With fiery flames in scorcing Vulcan's Forge,
To teach and fine each Secret, I do strive.
Accept them well, and let my wearied Muse
Repose her selfe in Ladies laps awhile.
So, when she wakes, she haply may record
Her sweetest dreams in some more pleasing stile.*

H.PLAT.

The Table.

Good Reader, for the understand-
ing of this Table, know, that a, b,
c, d, doe give directions unto the four
several parts or treaties of this Booke:
(a) for the first, the rest in their order.

A

A Nula Campana rootes preserved

Almonds in leach	a.1
Almond butter, to make	a.27
Almonds into gelly	a.57
Aligar distilled	a.58
Apples kept dry all the yeere	b.16
Aqua rubea	a.47
Aqua composita of D. Stevens	b.7
Artichokes kept long	b.8
	a.69

B

B Ags sweet to lye among linnen

Bill to take out staines	d.3
Ball to wash with	d.8
Balme water	b.5
Beaumanger	c.11
Beefe rosted kept long	c.18

The Table.

Beefe powdered, kept long without charge	c.19
Beefe fresh at the sea	c.20
Beauty for the face	d.7,14
Bisket bread, or French bisket	a.19
Bisket called Prince Bisket	a.20
Bisket called Bisketello	a.21
Bloud of herbs	b.22
Borage candied	a.11
Bottling of Beere truely	27 c.7
Bottles musty helped	c.28
Bottle Ale most excellent	c.32
Brawn to eate, tender & delicate	c.13
Broom capers preserved	a.37
Broyling without smoake	c.26
Bruise helped	d.24
Butter tasting of spice or flowers	a.21

C

Cakes sweet without spices or sugar	a.6
Candyng of flowers	a.9,53
Candyng in rock candy	a.33,42
Candyng of Oren e pils	a.35
Candles for Ladies Tables	c.39

Candles

The Table.

out	Candles hanging in the ayre	c.40
.19	Capers of broom preserved	a.37
.20	Capon boyled in white broth	c.5
.14	Casting in sugar plate	a.13
.19	Casting of sugar in party moulds	a.43
.20	Casting and moulding of fruit	a.44
.21	Cherries preserved	a.8
.22	Cherry pulp kept dry all the yeer	a.45
11	Cherries dried in the Sun	a.46
.7	Cheese extraordinary	c.22
.8	Chestnuts kept long	a.73
.22	Chilblanes helped	a.15
.3	Chine of veale or chickenboiled	c.10
.7	Cinamon-water	b.10
.6	Collis white, and like gelly	a.55
.4	Comfits of all sorts	a.54
.1	Conserve of prunes or dāsons	a.50, 51
	Conserve of Strawberries	a.52
	Cowcumbers preserved	a.36
	Cowslip paste	a.40
	Cowslip-water, or Vinegar of the colour of the Cowslip	a.34
	Cray-fish kept long	c.35
	Creame clowted	c.23

The Table.

D

Damaske powder	d.19
Damsons in Marmelade	a.31
Damson pulp kept all the yeere	a.45
Damsons in conserve	a.50,52
Dentifrices for the teeth	d.26
Distillation of herbes in a new manner	b.11
Drying of fruits in the Sun	a.46

E

Glantine water	b.20
Eringo roots preserved	a.1
Extract of vegetables	b.19

F

Face spotted or freckled, to helpe	d.6,23
Face made faire	d.7.14
Face full of heat, helped	d.11,16,17, 18,19,20,31
Face kept white and cleere	d.12
Fish into paste	c.14
Fish fryed, kept long	c.17
Flesh kept swcet in Summer	c.24
Flies kept from oyle peeces	c.30
Elounder	

The Table.

Flounder boyled on the French fashi-	
on	c. 3
Flowers preserved	a. 7
Flowers candied	a. 9, 11
Flowers in rocke candy	a. 42
Flowers dried without wrinkling	a 63
Fruit preserved	a. 8
Fruit how to mould and cast	a. 44
Fruit kept dry all the yeere	a 45, 46,
Fruit kept long fresh	47 a. 70
G	
Gelly chrystalline	a. 26
Gelly of fruits	a. 29
Gelly of Almonds	a. 38
Gilliflowers kept long	a. 61
Gilliflowers preserved	a. 7
Gilliflower-water	b. 20
Ginger-bread	a. 22
Ginger-bread dry	a. 23
Ginger in rock candy	a. 33, 42
Ginger green in sirup	a. 49
Ginger candied	a. 53
Gloves	

The Table.

Gloves to perfume	d.34	La
Goose-berries preserved	a.8	
Grapes growing all the yeere	a.61	Le
Grapes kept till Easter	a.64	Le
	H	Le
H And-water excellent	d.2,28	
Hands stained, to help	d.5	Le
Hands freckled, to help	d.6	Le
Hand-water of Scotland	b.21	Le
Hafell nuts kept long	a.72	Le
Haire black altered	d.30,37	Le
Haire made yellow	d.36	Le
Herbs distilled in a new manner	b.11	
Herbs to yeeld salt	b.12	
Herbs to yeeld bloud	b.22	
Honey to yeeld spirit	b.13	
	I	
I Rish-Aqua vitæ	b.9	
Issop distilled in a new manner	b.11	
Juyce of Orenge or Lemmons kept all the yeere	c.35	
Jumboles to make	a.16	
	L	
L Arkes to boyle	c.4	
Lavender		

The Table.

24	Lavender distilled in a new manner	b. 11
8		
51	Leach of Almonds	a. 27
64	Leach	a. 59
28	Legge of Mutton boiled after the	
5	French fashion.	c. 7
6	Lemmons in Marmelade	a. 41
1	Lemmon moulded and cast	a. 44
72	Lemmon-juice kept all the yeer	c. 32
77	Lettuce in fucket	a. 22
6	Liquorice paste	a. 40
1	Lobsters kept long	c. 1
	M	
2	M Ace in rock candy	a. 42
2	Mallard to boile	c. 6
3	Marchpane pastie	a. 12, 18
9	Marigolds preserved	a. 7
11	Marigolds candied	a. 9, 11
ot	Marigold paste	a. 40
5	Marmelade of quinces or dafsons	a. 30
6	Marmelade of Lemmons or Orentes	a. 41
4	May-dew clarified	a. 33
r	Morphew helped	d. 21, 22
	Mulberries	

The Table.

Mulberries in gelly	a.29
Muske sugar	a.2
Mustard meale	c.25
Mustinesse helped or prevented in waters	b.24

N

Nutmegs in rock candy	a.33.43
Nutmegs candied	a.34
Nuts moulded and cast off	a.44
Nuts kept long	a.72

O

Orenge preserved	a.34
Orenge pils candied	a.35
Orenge in Marmelade.	a.41
Orenge moulded and cast off	a.44
Orenge juice kept all the yeere	c.35
Oysters kept long	c.15

P

Paste of flowers	a.14.40
Paste of Novie	a.15
Paste to keep one moist	a.17
Paste called puffe paste	a.24
Paste short without butter	a.23
Paste of Genua of Quinces	a.30
Paste	

The Table.

		8
29	Paste of fish	c. 14
2	Peare moulded and cast off	a. 44
25	Peares kept dry	a. 47
in	Perfumes delicate, and sodainly made	
24		d. 31
3	Perfuming of gloves	d. 34
34	Pickrel boiled on the French fashion	
34		c. 3
44	Pigeons of sugar paste	a. 10
72	Pigeons boiled with Rice	c. 9
34	Pigge to sow se	c. 1,2
35	Pigs petitoes boiled after the French fashion	c. 8
41	Plums preserved	a. 8.
44	Plums dried in the Sunne	a. 46
5	Pomander to make	d. 4
5	Pomander renewed	d. 32
0	Pomatum most excellent for the face	d. 13
7	Pomegranats kept long	a. 68
7	Preserving of roots	a. 1
7	Preserving of Cowcumbers	a. 36
7	Prunes in conserve	a. 50,52
7	Pulp of fruit kept all the yeere	a. 45
	Quidinia	

The Table.

Q	Uidinia of Quinces	a.28
	Quinces into paste of genua	a.30
	Quinces in Marmelade	a.32
	Quinces kept dry all the yeere	a.47
	Quinces kept long	a.67
R		
R	Abbets of sugar paste	a.10
	Raspices in gelly	a.19
	Roots preserved	a.1
	Roots candied	a.53
	Rosa solis to make	b.6
	Rosemary flowers candied	a.9
	Rose-leaves to dry	a.36
	Rose sirup	a.5
	Roses preserved	a.7
	Roses and Rose-leaves candied	a.9,11
	Rose paste	a.40
	Roses kept long	a.61
	Rose-leaves dried without wrinkles	a.63
	Rosewater distil'd at Michaelmas	b.14
	Rosewater distilled in a speedy manner	b.15
Rose-		

The Table.

1.28	Rose-water most excellent	b.18
1.30	Rose-water, and yet the Rose-leaves not discovered	b.23
1.32	Rose-water and oyle drawn together	b.25
1.47	Rose-water of the colour of the Rose	c.34
1.67	Rose-vinegar of the colour of the Rose	c.ib.
1.10	Rose-vinegar made in a new manner	c.41

S

S	Allet oyle purified and graced in taste and smell	c.36
5	Salmon kept long fresh	c.16
7	Salt of herbcs	b.12
1	Salt delicate for the table	c.38
0	Sawsedges of Polonia	c.14
1	Sirup of Violets	a.4
5	Sirup of Roses	a.5
3	Sparrowes to boile	c.4
4	Spirit of wine extraordinary	b.1
1	Spirit of wine ordinary	b.2
1	Spirits of splices	b.3
	Spirit	

The Table.

Spirit of wine tasting of any vegetable	b.4
Spirit of honey	b.13
Spirit of herbs and flowers	b.17
Skin white and cleere	d.2
Sun-burning helped	d.22
Stove to sweat in	d.27
Strawberries in gelly	a.29
Strawberries in conserve	a.51
Sucket in Lettice stalkes	a.32
Sucket of green Walnuts	a.49
Sugar muske	a.2
Sugar paste for fowle	a.10
Sugar plate to cast in	a.13
Sugar plate of flowers	a.14
Sugar plate to colour	a.38
Sugar cast in party moulds	a.43
Suger smelling & tasting of the clove or cinammon	a.71

T

T	Eale to boile	c.6
T	Teeth kept white & sound	d.10
		15,16
T	Thyme distilled in a new maner	b.11
		Trosses

The Table.

geta-	Trottes for the Sea	a. 39
b.4		
0.13	V	
0.17	VInegar distilled	b. 16
d.2	Vinegar to clarifie	c. 37
.22	Violet sirup	a.4
.27	Violet pastē	a.40, 41
.29	Violet water, or vinegar of the colour of the Violet	c.34
51	Usquebath	b.9
32		
49	W	
2	VV Afers to make	a.56
0	Walnuts in sucket	a.49
13	Walnuts kept fresh long	a.65, 66
4	Wardens kept dry all the yeere	a.47
8	Washing water sweet	b.21. d.2, 28, 29
3	Whites of eggs broken speedily	c.29
e	Widgen to boile	c.6
1	Wine, tasting of Wormwood, made speedily	c.33
3		
Y		
Y	Tch helped	d.25
	FINIS.	

1000

21.1

57.2

100

21.1

57.2

100

21.1

57.2

100

21.1

57.2

100

21.1

57.2

100

21.1

57.2

100

21.1

57.2

100

The Art of Preserving, Conserving, Candy- ing, &c.

1. How to preserve Eringo roots, \textae nula Campana, and so of others in the same manner.

See the them till they bee tender; then take away the piths of them, and leave them in a colander, till they have dropped as much as they will: then having a thinne sirup ready, put them, being cold, into the sirup being also cold, and let them stand so three dayes, then boile the sirup (adding some more fresh sirup to it, to supply that which the rootes have drunke up) a little higher, and at three daies end, boile the sirup againe without any new addition, unto the full height of a preserving sirup, and put in your rootes, and so keep them. Roots
preserved

The Art of preserving,

preserved in this manner, will eate very tender, because they never boiled in the sirup.

2. How to make Musk Sugar of common Sugar.

BRUISE 4. or 6. graines of Muske ; place them in a peece of Sarcenet, fine Lawne or Cambricke doubled : lay this in the bottome of a gally pot, strewing your Sugar thereon : stop your pot close, and all the Sugar in a few dayes will both sent and taste of Muske ; and you may lay more Sugar thereon, when you have spent that Sugar which will also receive the like impression. Such Musk-sugar is sold for two shillings the pound.

3. How to dry Rose-leaves in a most excellent manner.

VHEN you have newly taken out your bread, then put in

Conseruing, candying, &c.

in your Roses in a sieve, first clipping away the whites, that they may bee all of one colour: lay them about one inch in thicknesse in the sieve; and when they have stood halfe an houre, or thereabout, they will grow whitish on the top: let them yet remaine without stirring, till the uppermost of them bee fully dryed; then stirre them together, and leave them about one other halfe houre; and if you finde them dry in the top, stirre them together againe, and so continue this worke, untill they bee thorowly dried: then put them hot as they are, into an earthen pot, having a narrow mouth, and being well leaded within (the Refiners of gold and silver call these pots Hookers:) stop it with corke and wet parchment, or with waxe & rosin mixed together; and hang your pot in a chimney, or neere a continuall fire, and so they will keep exceeding faire in colour, and most delicate in sent. And if you

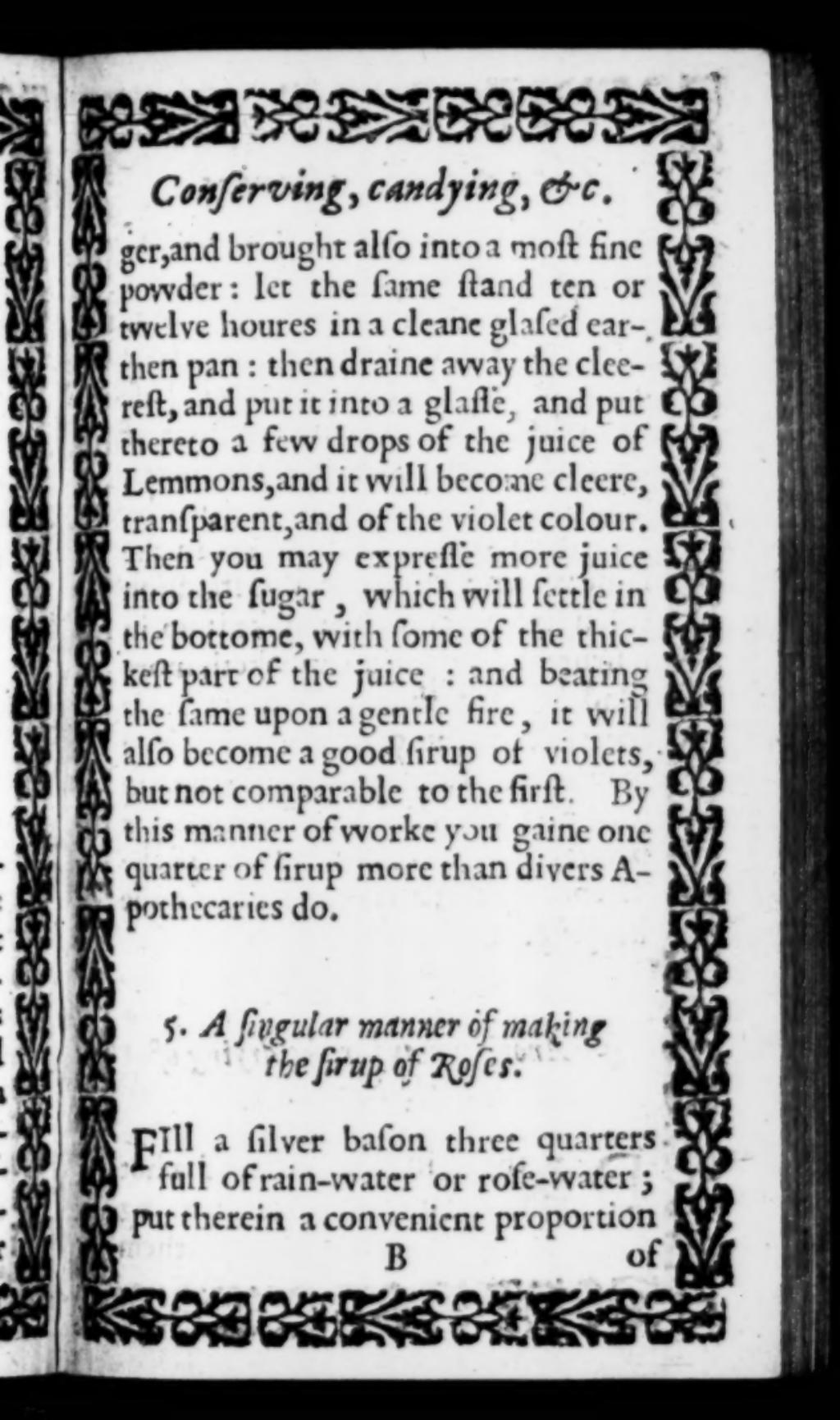
The Art of preserving,

you feare their relenting, take the Rose-leaves about Candlemas, and put them once againe into a sieve, stirring them up and downe often till they bee dry; and then put them up againe hot into your pot.

Note, that you must set up your Oven-lid, but not lute it about when you set in your rose-leaves, either the first or second time. Post, numero 6.

4. A most excellent sirup of Violets, both in taste and tincture.

Express the juice of clipt Violets, and to three parts of juice take one fourth part of conduit water: put the same into an Alabaster mortar, with the leaves which you have stamped, and wring the same out thorow a cloth, as you did at the first, into the other juice: put thereto a sufficient proportion of the finest Sug-



Conseruing, candying, &c.

ger, and brought also into a most fine powder: let the same stand ten or twelve houres in a cleane glased earthen pan: then draine away the clearest, and put it into a glasse, and put thereto a few drops of the juice of Lemmons, and it will become cleere, transparent, and of the violet colour. Then you may expresse more juice into the sugar, which will settle in the bottome, with some of the thickest part of the juice: and beating the same upon a gentle fire, it will also become a good sirup of violets, but not comparable to the first. By this manner of worke you gaine one quarter of sirup more than divers Apothecaries do.

5. A singular manner of making the sirup of Roses.

Fill a silver bason three quarters full of rain-water or rose-water; put therein a convenient proportion

B of

The Art of preserving,

of Rose-leaves : cover the bason, and set it upon a pot of hot water (as we usually bake a custard :) in 3. quarters of an hour, or one whole hour at the most, you shall purchase the whole strength and tinctorie of the rose : then take out those leaves, wringing out all their liquor gently, and steepe more fresh leavys in the same water : continue this iteration seven times, and then make it up in a sirup: and this sirup worketh more kindly than that which is made meerly of the juice of the Rose. You may make sundry other sirups in this manner. Quere of hanging a pewter head over the bason, if the ascending water will bee worth the keeping.

6. Another way for the drying of Rose-leaves.

Dry them in the heat of a hot sunny day upon a Leads, turning them.

Conseruing, candying, &c.

them up and downe till they bee dry
(as they doe hay): then put them up
into glassēs wel stopt and luted, kee-
ping your glasses in warme places;
and thus you may keepe all flowers:
but herbs, after they are dried in
this manner, are best kept in paper
bags, placing the bags in close cup-
boards.

*7. How to preserve whole Roses,
Gilliflowers, Mari-
golds, &c.*

Dip a Rose, that is neither in the
bud, nor overblowne, in a sirup,
consisting of sugar double refined, &
Rose water boiled to his full height;
then open the leaves, one by one,
with a fine smooth bodkin, either
of bone or wood; and presently, if it
be a hot sunny day, and whilest the
Sunne is in some good height, lay
them on papers in the Sun, or else
dry them with some gentle heat in

The Art of preserving,

a close roome, heating the roome before you set them in ; or in an oven upon papers, in pewter dishes : and then put them up in glasse, and keep them in dry cupboards neere the fire : you must take out the seeds, if you meane to eate them. You may prove this, preserving with sugar-candy in stead of sugar, if you please.

8. The most kindly way to preserve plums, cherries, gooseberries, &c.

You must first purchase some reasonable quantity of their owne juice, with a gentle heat, upon embers, in pewter dishes, dividing the juice still as it commeth in the stewing : then boile each fruit in his owne juice, with a convenient proportion of the best refined sugar.

Conserving, candying, &c.

9. How to candy Rosemary-flowers,
Rose leaves, Roses, Marigolds, &c.
with preservation of colour.

Dissolve refined or double refined sugar, or sugar-candy it selfe, in a little Rose-water: boile it to a reasonable height: put in your roots or flowers when your sirup is either fully cold, or almost cold; let them rest therein till the sirup have pierced them sufficiently: then take out your flowers with a skimmer, sussing the loose sirup to runne from them so long as it will: boile that sirup a little more, and put in more flowers, as before; divide them also: then boile all the sirup which remaineth, and is not drunke up in the flowers, to the height of *Manus Christi*, putting in more sugar, if you see cause, but no more Rose-water; put your flowers therin when your sirup is cold or almost cold, and let them stand till they candy.

The Art of preserving,

10. *A most delicate and stiffe sugar
paste, whereof to cast Rabbets, Pi-
geons, or any other little bird or
beast, either from the life or carved
moulds.*

First, dissolve Isinglassie in faire
water, or with some Rose-water
in the later end: then beat blanched
almonds, as you would for march-
pane stiffe, and draw the same with
creame and Rose-water (milke will
serve, but creame is more delicate):
then put therein some powdered su-
gar; into which you may dissolve
your Isinglassie, being first made into
gelly, in faire wvarme water (note, the
more Isinglassie you put therein, the
stiffer your wotke will prove): then
having your rabbets, woodcocks, &c.
molded, either in plaister from life,
or else carved in wood (first annoi-
ting your wooden moulds with oyle
of sweet almonds, & your plaister or
stone moulds with barrowes grease)
poure your sugar paste thereon.

A

Conseruing, candying, &c.

A quart of creame, a quaterne of almonds, two ounces of Singlasse, and foure or six ounces of sugar is a reasonable good proportion for this stuffe. Quere of moulding your birds, rabbets, &c. in the compound wax, mentioned in my *Jewell house*, in the title of the *Art of moulding and Casting*, page 60. For so your moulds will last long.

You may dredge over your fowle with crums of bread, cinnamon and sugar boiled together: and so they will seeme as if they were rosted and breaded. Leach and gelly may bee cast in this manner.

This paste you may also drive with a fine rowling pin, as smooth and as thinne as you please: it lasteth not long, and therefore it must bee eaten within a few dayes after the making thereof. By this meanes a banquet may bee presented in the forme of a supper, being a very rare and strange device.

The Art of preserving,

11. *To candy Marigolds, Roses, Borage, or Rosemary-flowers.*

BOile Sugar & Rose-water a little upon a chafing-dish with coales; then put the flowers (being thorowly dried, either by the Sun, or on the Fire) into the sugar, and boile them a little: then strew the powder of double refined sugar upon them, and turne them, and let them boile a little longer, taking the dish from the fire: then strew more powdered sugar on the contrary side of the flowers. These will dry of themselves in two or three houres in a hot sunny day, though they lye not in the Sunne.

12. *To make an excellent Marckpane paste to print off in moulds for banqueting dishes.*

TAKE to every Jordan Almond blanched, three spoonfuls of the

Conseruing, candying, &c.

the whitest refined sugar you can get : scarce your sugar, and now and then, as you see cause, put in two or three drops of damaske Rose-water : beate the same in a smooth stone mortar, with great labour, untill you have brought it into a dry stiffe paste : one quarterne of sugar is sufficient to worke at once.

Make your paste in little bals, every ball containing so much by estimation as will cover your mould or print : then roule the same with a rowling pin upon a sheet of cleane paper, without strewing any powdered sugar either upon your paste or paper.

There is a countrey Gentlewoman whom I could name, which venteth great store of sugar-cakes made of this composition. But the only fault which I find in this paste, is, that it tasteth too much of the sugar, and too little of the almonds : and therefore you may prove the making thereof by such almonds

The Art of preserving,

which have had some part of their
oyle taken from them by expression,
before you incorporate them with
the sugar: and so happily you may
mixe a greater quantity of them with
the sugar, because they are not so
oily as the other.

You may mixe cinnamon or ginger
in your paste, and that wil both grace
the taste, and alter the colour; but
the spice must passe thorow a faire
searce: you may steep your almonds
in cold water all night, and so blanch
them cold: and being blanched, dry
them in a sieve over the fire. Here
the garble of almonds will make a
cheap paite.

13. The making of sugar-plate, and ca- sting thereof in carved moulds.

Take one pound of the whitest
refined or double refined Su-
gar, if you can get it: put thereto
three ounces (some Comfit-makers

put

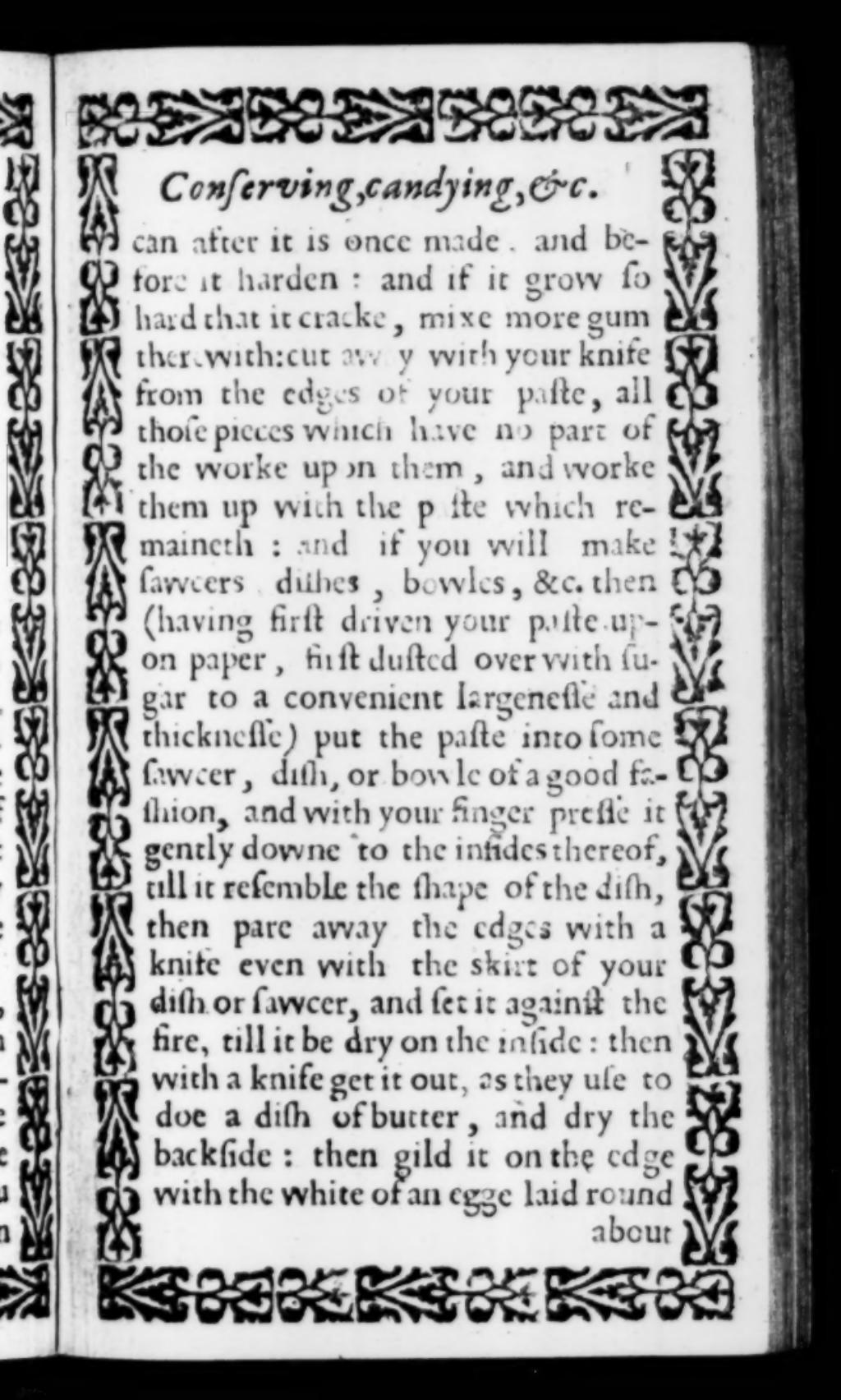
Conseruing, candying, &c.

put sixe ounces for more gaine) of the best starch you can buy ; and if you dry the Sugar after it is powdered , it will the sooner passe thorow your Lawne Searce. Then searce it , and lay the same on a heap in the midst of a sheet of cleane paper : in the middle of which masic, put a pretty lump of the bigness of a walnut of gumme dragagant, first steeped in Rose-water one night : a porenger full of Rose-water is sufficient to disfolve one ounce of gum (which must first bee well picked, leaving out the drosse :) remem-ber to straine the gumme thorow a canvas : then, having mixed some of the white of an egge with your strained gumme, temper it with the sugar betwixt your fingers by little and little , till you have wrought up all the Sugar and the Gumme together into a stiffe paste ; and in the tempering , let there bee alwaies some of the sugar between your fingers and the Gumme : then dust your

The Art of preserving,

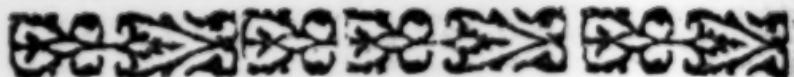
your wooden moulds a little with some of that powdered Sugar throw a piece of Lawne, or fine linnen cloth : and having driven out with your rowling pinne a sufficient portion of your paste to a convenient thicknesse, cover your mould therewith , pressing the same downe into every hollow part of your mould with your fingers : and when it hath taken the whole impression, knocke the mould on the edge against a table , and the paste will flue forth, with the imprecision of the mould upon it: or, if the mould bee deepe cutte, you may put the point of your knife gently into the deepest parts here and there , lifting up by little and little the paste out of the mould.

And if,in the making of this paste, you happen to put in too much gum, you may put more sugar thereto, and if too much sugar, then more gum:you must also worke this paste into your moulds as speedily as you can



Conseruing, candying, &c.

can after it is once made, and before it harden: and if it grow so hard that it cracke, mixe more gum therewith: cut awa y with your knife from the edges of your paste, all those pieces which have no part of the worke upon them, and worke them up with the p ste which remaineth: and if you will make sawcers, dishes, bowles, &c. then (having first driven your paste upon paper, first dusted over with sugar to a convenient largenesse and thicknesse) put the paste into some sawcer, dish, or bowle of a good fashione, and with your finger presse it gently downe to the intides thereof, till it resemble the shape of the dish, then pare away the edges with a knife even with the skirt of your dish or sawcer, and set it against the fire, till it be dry on the inside: then with a knife get it out, as they use to doe a dish of butter, and dry the backside: then gild it on the edge with the white of an egge laid round about



The Art of preserving,

about the brimme of the dish with a pencill, and presse the gold downe with some cotton; and when it is dry, skew or brush off the gold with the foot of a Hare or Cony. And if you would have your paste exceeding smooth, as to make cards and such like conceits thereof; then roule your paste upon a sliced paper with a smooth and polished rowling pin.

14. A way to make sugar-plate both of colour, and taste of any flower.

Take violets, and beate them in a mortar with a little hard sugar, then put into it a sufficient quantity of Rose-water: then lay your gum in steep in the water, and so worke it into paste, and so will your paste be both of the colour of the violet, and of the smell of the violet. In like sort may you worke with Marigolds, Cowslips, Primroses, Buglossie, or any other flower.

Conseruing, candying, &c.

15. To make paste of Novie.

Take a quarter of a pound of valentian almonds, otherwise called the small almonds, or Barbary almonds, and beat them in a mortar till they come to paste: then take stale manchet being grated, and dry it before the fire in a dish: then sift it: then beat it with your almonds: put, in the beating of it, a little cinnamon, ginger, and the juice of a lemon; and when it is beaten to perfect paste, print it with your moulds, and so dry it in an oven after you have drawne your bread: this paste will last all the yeer.

16. To make fumbolls.

Take halfe a pound of almonds, being beaten to paste, with a short cake being grated, & two eggs, two ounces of carroway seeds, being beaten

The Art of preserving,

beaten, and the juice of a Lemon :
and being brought into paste , roule
it into round strings : then cast it
into knots, and so bake it in an oven :
and when they are baked , yce them
with Rose-water and Sugar, and the
white of an egge being beaten to-
gether , then take a feather and gild
them , then put them againe into the
oven , and let them stand in a little
while , and they will bee yced cleane
over with a white yce : and so boxe
them up , and you may keepe them
all the yeere.

17. *To make a paste to keepe you moist,*
if you list not to drinke oft ; which
Ladies use to carry with them when
they ride abroad.

TAKE halfe a pound of Damaske
prunes , and a quatern of dates :
stone them both , and beate them in a
mortar with one warden being roa-
sted , or else a slice of old marme-
lade :

Conserving, candying, &c.

lade: and so print it in your moulds, and dry it after you have drawne bread: put Ginger unto it, and you may serve it in a banquet.

18. To make a Marzipane.

TAKE two pound of Almonds, being blanched and dried in a sieve over the fire: beat them in a stone mortar; and when they bee small, mixe them with two pound of sugar being finely beaten, adding two or three spoonfuls of Rose-water, & that will keep your Almonds from oyling. When your paste is beaten fine, drive it thin with a rowling pin, and so lay it on a bottom of wafers: then raile up a little edge on the side, and so bake it: then ice it with Rose-water and Sugar: then put it into the oven againe; and when you see your ice is risen up and dry, then take it out of the oven, and garnish it with

The Art of preserving,

with pretty conceits, as birds and beasts, being cast out of standing moulds. Sticke long comfits upright in it: cast biskets and carrowaies in it, and so serve it: gild it before you serve it: you may also print off this March-pane paste in your moulds for banqueting dishes: and of this paste our Comfit-nakers at this day make their letters, knots, Armes, Escoche-ons, beasts, birds, and other fancies.

19. To make bisket bread, otherwise called french bisket.

Take halfe a pecke of fine flower, two ounces of coriander seeds, one ounce of anni-seeds, the whites of foure egges, halfe a pinte of Ale-yeast, and as much water as will make it up into stiffe paste; your water must be but bloud warme: then bake it in a long roule as big as your thigh: let it stiy in the oven but one hour, and when it is a day old, pare

Conseruing, candying, &c.

pare it and slice it overthwart : then sugar it over with fine powdered sugar, and so dry it in an oven againe : and being dry, take it out, and sugar it againe : then box it, and so you may keepe it all the yeere.

20. To make prince-bisket.

TAKE one pound of very fine flower, and one pound of fine sugar, & eight egges, and two spoonfulls of Rose-water, and one ounce of Carroway seeds, and beat it all to batter one whole houre : for the more you beat it, the better your bread is : then bake it in coffins of white plate, being basted with a little butter before you put in your batter, and so keepe it.

21. To make another kinde of bisket called bisketticello.

TAKE halfe an ounce of gummedragagent, dissolved in Rose-water

The Art of preserving,

Rose-water with the juice of a lemon, and two graines of musk : then strain it thorow a faire linnen cloth, with the white of an egge : then take halfe a pound of fine sugar being beaten, and one ounce of Carroway seeds, being also beaten and searced : and then beat them all together in a mortar, till they come to paste ; then roule them up in small loaves about the bignesse of a small egge : put under the bottome of every one a piece of a wafer, and so bake them in an oven upon a sheet of paper ; cut them on the sides, as you do a manchet, and prick them in the middest : when you break them up, they will be hollow and full of eyes.

22 To make Girger-bread.

Take three stale manchets, and grate them : dry them, and sift them thorow a fine sieve : then adde unto

Conseruing, candying, &c.

unto them one ounce of Ginger, being beaten, and as much Cinnamon, one ounce of Liquorice and Anniseeds, being beaten together, and searced, halfe a pound of sugar: then boile all these together in a posnet, with a quart of claret wine, till they come to a stiffe paste, with often stirring of it, and when it is stiffe, mould it on a table, and so drive it thin, and put it in your moulds: dust your moulds with Cinnamon, Ginger, and Liquorice, being mixed together in fine powder. This is your Ginger-bread used at the Court, and in all Gentlemens houses at festiyall times. It is otherwize called dry Leach.

23. To make dry Ginger-bread.

TAKE halfe a pound of Almonds, and as much grated cake, and a pound of fine sugar, and the yolkes of two new laid eggs, the juice of a lemmone

The Art of preserving,

lemon, and two grains of musk; beat all these together till they come to a paste: then print it with your moulds: and so dry it upon papers in an oven, after your bread is drawne.

24. To make puffe-paste.

Take a quart of the finest flower, and the whites of three egges, and the yolks of two, and a little cold water, and so make it into perfect paste: then drive it with a rowling pin abroad: then put on small peeces of butter, as big as nuts, upon it; then fold it over; then drive it abroad againe; then put small peeces of butter upon it, as you did before; doe this ten times, alwaies folding the paste, and putting butter betweene every fold. You may convey any pretty forced dish, as Florentin, Cherry-tart, Rice, or Pippins, &c. betweene two sheets of that paste.

Conseruing, candying, &c.

25. To make paste short without butter.

Take a quart of fine flower, and put it into a pipkin, and bake it in an oven when you bake manchet; then take the yolkes of two or three egges, and a pinte of creame, and make paste; put into it two ounces of sugar being finely beaten, and so you shall make your paste short without butter or sewet. In like sort, when you make sugar-cakes, bake your flower first.

26. To make crystall gelly.

Take a knuckle of Veale, and two calves feet (your calves feet being flayd and scalded) and boyle them in faire spring water; and when they are boyled, ready to eat, you may save your flesh, and not boyle it to peeces; for, if you doe so, the gelly will looke thicke; then take a quart of the clearest

of

The Art of preserving,

of the same broth, and put it into a posnet, adding thereunto Ginger, white pepper, sixe whole cloves, one nutmeg quartered, one graine of Muske; put all these whole spices in a little bag, and boile them in your gelly; season it with foure ounces of sugar-candy, and three spoonfuls of Rose-water; so let it run thorow your gelly-bag; and if you meane to have it looke of an amber colour, bruise your spices, and let them boile in your gelly loose.

27. To make Leach of Almonds.

TAKE halfe a pound of sweet Almonds, and beat them in a mortar; then straine them with a pint of sweet milke from the cow; then put to it one grain of musk, 2. spoonfuls of Rose-water, two ounces of fine sugar, the weight of three whole shillings of Isinglasse that is very white, an

Conseruing, candying, &c.

and so boile them; then let all runne thorow a strainer, then you may slice the same, and so serve it.

28. To make Quidinia of Quinces.

TAKE the kernels out of eight great Quinces, and boile them in a quart of spring water, till it come to a pint; then put into it a quarter of a pint of Rose-water, and one pound of fine sugar, and so let it boile till you see it come to be of a deep colour; then take a drop, and drop it on the bottome of a sawcer; and if it stand, take it off; then let it runne thorow a gelly bagge into a bason: then set on your bason upon a chafingdish of coales, to keep it warme; then take a spoone, and fill your boxes as full as you please, and when they bee cold, cover them: and if you please to print it in moulds, you must have moulds made to the bignesse of your boxe, and wet your moulds with Rose-water, and so let

The Art of preserving,

it run into your mould; and when it is cold, turne it off into your boxcs. If you wet your moulds with water, your gelly will fall out of them.

29. To make gelly of Straw-berries, Mulberries, Raspis-berries, or any such tender fruit.

TAke your berries, and grind them in an Alabaster Mortar, with foure ounces of Sugar, and a quarter of a pint of faire water, and as much Rose-water; & so boile it in a posnet with a little peece of Isinglass, and so let it run thorow a fitte cloth into your boxes, and so you may keep it all the yeer.

30. To make paste of Genua of Quinces.

TAke Quinees, and pare them, and cut them in slices, and bake them

Conserving, candying, &c.

them in an Oven dry in an earthen pot, without any other juice than their owne : then take one pound thereof, straine it, and put it into a stone Mortar with halfe a pound of sugar ; and when you have beaten it up to paste, print it in your moulds, and dry it three or fourre times in an Oven after you have drawne bread : and when it is thorowly dry and hardned, you may boxe it, and it will keep all the yeer.

31. To make Marmelade of Quinces
or Damsons.

Vhen you have boiled your Quinces or Damsons sufficiently, straine them : then dry the pulp in a pan on the fire ; and when you see there is no water in it, but that it beginneth to bee stiffe, then mixe two pound of sugar with three pound of pulp : this Marmelade will bee white Marmelade : and if you desire to have it looke with

The Art of preserving,

an high colour : put your sugar and your pulp together so soone as your pulp is drawne, and let them both boile together, and so it will looke of the colour of ordinary marmelade, like unto a stewed warden; but if you dry your pulp first, it will looke white, and take lesse sugar: you shall know when it is thick enough, by putting a little into a sawcer, letting it coole before you boxe it.

32. To make sucket of Lettice stalkes.

Take Lettice stalkes, and pill away the outside; then parboile them in faire water: then let them stand all night dry; then take halfe a pint of the same liquor, and a quarter of a pint of Rose-water, and so boile it to sirup; and when your sirup is betwixt hot and cold, put in your aforesaid roots, and let them stand all night in your sirup to make them take sugar, and then the next

Conserving, candying, &c.

next day your sirup will be weake againe: then boile it againe, and take out your roots. In the like sort may you keep Orenge pils, or greene Walnuts, or any thing that hath the bitternesse first taken from it by boiling in water.

33. *To candy Nutmegs or Ginger with an hard rocke candy.*

Take one pound of fine sugar, and eight spoonfuls of Rose-water, and the weight of sixe pence of Gum Arabique, that is cleere, boile them together to such an height, as that dropping some thereof out of a spoone, the sirup do rope and runne into the smalnesse of an haire: then put it into an earthen pipkin; wherein place your Nutmegs, Ginger, or such like: then stop it close with a sawcer, and lute it well with clay, that no aire may enter: then keep it in a hot place three weekes, and it will candy hard.

The Art of preserving,

You must breake your pot with an hammer , for otherwise you cannot get out your candy. You may also candy Orenges or Lemmons in like sort, if you please.

34. *To preserve Orenges, after the Portugall fashion.*

Take Orenges , and coare them on the side, and lay them in water: then boil them in faire water till they be tender: shift them in the boiling, to take away their bitterness; then take Sugar , and boile it to the height of sirup as much as will cover them, & so put your Orenges into it, & that will make them take Sugar. If you have 24. Orenges, beate eight of them, till they come to paste, with a pound of fine Sugar ; then fill every one of the other Orenges with the same, and so boile them againe in your sirup : then there will bee Marmelade of Orenges within your Orenges, & it wil cut like an hard egge.

35. *To*

Conseruing, candizing, &c.

35. To candy Orenge pills.

TAKE your Orenge pills after they bee preserved ; then take fine Sugar and Rose-water, and boile it to the height of *Manus Christi* : then draw thorow your Sugar ; then lay them on the bottome of a sieve, and dry them in an Oven after you have drawne bread, and they will bee candied.

36. To preserve Cowcumbers all the yeere.

YOU may take a gallon of faire water, and a potte of verjuice, and a pint of bay salt, and a handfull of greene Fennell or Dill : boile it a little, and when it is cold, put it into a barrell, & then put your Cowcumbers into that pickle, and you shall keep them all the yeer.

The Art of preserving,

37. To preserve Broom-capers all the yeere.

BOile a quart of verjuice, and an handfull of bay-salt, and therein you may keep them all the yeer.

38. To colour sugar-plate with severall colours.

YOU may mixe Roses with your fine searced sugar untill the colour please you, and so shall you have a faire murrey colour. Sap-greene must bee tempered in a little Rose-water, having some gumme first dissolved therein, and so lay it on with a pencil upon your paste in apt places. With saffron you may make a yellow colour in the like manner, first drying and powdering your saffron; and after it hath coloured the Rose-water sufficiently, by straining it thorow fine linnen. The powder of Cynamon

Conseruing, candying, &c.

mon maketh a Walnut colour, and Ginger and Cynamon together, a lighter colour.

39. To make Trosses for the Sea.

First make paste of Sugar and Gum draggant mixed together, then mixe therewith a reasonable quantity of the powder of Cynamon and Ginger; and, if you please, a little Muske also, and make it up into roules of severall fashions, gilding them here and there. In the same manner you may also convey any purgative, vomit, or other medicine into Sugar paste.

40. To make paste of Violets, Roses, Mirigolds, Cowslips, or Liquorice.

Shred, or rather powder the dry leaves of your flower, putting therunto some fine powder of Ginger and Cynamon, and a little Muske, if you please, mixe them all

The Art of preserving,

confusedly together : then dissolve some Sugar in Rose-water , and being boiled a little, put some Saffron therin , if you worke upon Marigolds ; or else you may leave out your Saffron : boile it on the fire unto a sufficient height. You must also mixe therewith the pap of a roasted apple, being first well dried in a dish over a chafing-dish of coales ; then poure it upon a trencher , being first sprinkled over with Rose-water , and with a knife worke the paste together. Then brake some Sugar-candy small, but not to powder , and with Gumme dragagant fasten it here and there to make it seeme as if it were roch candied : cut the paste into peeces of what fashion you list, with a knife first wet in Rose-water. In Liquorice paste you must leave out the pap of the Pippin , and then worke your paste into dry roules. Remember to searce the Liquorice thorow a fine searce. These roules are

Conserving, candying, &c.

are very good against any cough or cold.

41. *To make Mirmelade of Lemmons or Orenges.*

TAKE ten Lemmons or Orenges, & boile them with halfe a dozen Pippins, and so draw them thorow a strainer: then take so much Sugar as the pulp doth weign, and boile it as you doe Marmelade of Quinces, and then boxe it up.

42. *How to candy Nutmegs, Ginger, Mace, and flowers, in halfe a day, with hard or roch candy.*

LAy your Nutmegs in steep in common Lee, made with ordinary ashes, 24 houres; take them out, and boile them in faire water till they bee tender, and so take out the Lee: then dry them, and make a sirup of double refined Sugar, and a little Rose-water, to the height of

The Art of preserving,

of a *Manus Christi*: place this sirup in a gentle Balneo, or some small heate, putting your Nutmegs into the sirup. Note, that you must skum the sugar, as it casteth any skumme, before you put in your Nutmegs; then, having sugar-candy first bruised grossly, and searced thorow colanders of severall bignesse, take the smallest thercof, and roule your Nutmegs up and downe therein, either in a dish, or upon cleane paper: then stove your Nutmegges in a cupboard with a chafingdish of coales, which must bee made hot of purpose, before you set them in: and when they are dry enough, dip them againe in fresh sirup, boiled to his height, as before, and roule them in the grosser sugar-candy, and then stove them againe till they bee hard, and so the third time if you will increase their candy. Note, that you must spend all the sugar which you dissolve at one time with candying of one thing or other, therein

Conseruing, candying, &c.

therein presently. The stronger that your Lee is, the better ; and the Nutmeg, Ginger, &c. would lye in steep in the Lee ten or twelve dayes, and after in the sirup of sugar in a stove or cupboard , with a chafing-dish and coales one whole weeke, and then you may candy them suddenly, as before. Flowers and fruits are done presently, without any such steeping or stoving, as before : onely they must be put into the stove after they are coated, with your powdered sugar-candy. And those flowers of fruits , as they are suddenly done, so they will not last above two or three dayes faire; and therfore only to bee prepared for some set Banquet.

34. Casting of Sugar in party moulds of wood.

Lay your moulds in faire water three or fourre houres before you

The Art of preserving,

you cast, then dry up your inward moisture with a cloth of Linnen, then boile rose-water and refined sugar together, but not to any great stiffernesse; then poure it into your moulds: let your moulds stand one houre, and then gently part or open the moulds, and take out that which you have cast. You may also worke the paste, *in numero, 12, 13.* into these moulds, first printing or pressing gently a little of the paste into the one halfe, and after with a knife, taking away the superfluous edges, and so likewise of the other halfe: then press the both sides of the mould together, two or three times, and after take away the crest that will arise in the middeit. And to make the sides to cleave together, you may touch them first over with Gumme dragant dissolved, before you press the sides of the mould together. Note, that you may convey Confies within, before you close the sides. You may cast off any

Conseruing, candying, &c.

any of these mixtures or pastes in Alabaster moulds, moulded from the life.

44. To mould off a Lemmon, Orenge, Peare, Nut, &c. and after to cast it bollow within of Sugar.

Fill a wooden platter halfe full of sand, then presse downe a Lemmon, Peare, &c. therein to the just halfe thereof: then temper some burnt Alabaster with faire water, in a stone or copper dish, of the bignesse of a great silver boule, and cast this pap into your sand, and from thence clap it upon the Lemmon, Peare, &c. pressing the pap close unto it. Then after a while take out this halfe part with the Lemmon in it, and pare it even in the insides, as neere as you can, to make it resemble the just halfe of your Lemmon, then make 2. or 3. little holes in the halfe (viz. in the edges therof) laying it downe in the sand again, and so cast

The Art of preserving,

cast another halfe unto it, then cut off a peece of the top of both your party moulds, and cast thereto another cap in like manner as you did before. Keep these three parts bound together with tape, till you have cause to use them · and before you cast, lay them alwayes in water, and dry up the water againe, before you poure in the sugar. Colour your Lemmon with a little Saffron steeped in Rose-water. Use your Sugar in this manner: Boile refined, or rather double refined Sugar and Rose-water to his full height, *viz.* till by powring some out of a spoone, it will run at the last as fine as a haire, then taking off the cap of your mould, poure the same therein, filling up the mould above the hole, and prestly clap on the cap, and preſſe it downe upon the Sugar; then ſwing it up and downe in your hand, turning it round, and bringing the neather part ſome-
times

Conserving, candying, &c.

times to bee the upper part in the turning, and è converso. This is the manner of using an Orenge, Lemmon, or other round mould : but if it bee long, as a pigs foot will bee, being moulded, then roule it, and turne it up and downe long-wayes in the aire.

45. How to keep the dry pulp of Cherries, Prunes, Damsons, &c. all the yeere.

Y^OU may take of those kinde of cherries that are sharpe in taste (Quere if the common blacke & red cherry will not also serve, having in the end of the decoction a little oyle of Vitrioll, or Sulphur, or some verjuice of sowre grapes, or juice of Lemmons mixed therewith, to give a sufficient tartnesse :) pull off their stalks, and boile them by themselves, without the addition of any liquor, in a caldron or pipkin ; and when they begin once to boile in their
owne

The Art of preserving,

owne juice, stirre them hard at the
hottom with a spattle, lest they burn
to the pans bottome. They have
boiled sufficiently, when they have
cast off all their skins, and that the
pulp and substance of the Cherries
is growne to a thicke pap: then take
it from the fire, and let it coole; then
divide the stones and skinnes by pas-
sing the pulp only thorow the bot-
tome of a Strainer reversed, as they
use in *Castia fistula*; then take this
pulp, and spread it thin upon gla-
zed stones or dishes, and so let it dry
in the Sunne, or else in an Oven
presently after you have drawn your
bread: then loose it from the stone
or dish, and keep it to provoke the
appetite, and to coole the stomacke,
in Fevers and all other hot diseases.
Prove the same in all manner of
fruit. If you feare aduision in this
worke, you may finish it in hote
Balneo.

Conseruing, candying, &c.

46. How to dry all maner of Plums or
Cherries in the Sunne.

If it be a small fruit, you must dry them whole, by laying them abroad in the hot Sunne, in stone or pewter dishes, on iron or brasie pans, turning them as you shall see cause. But if the Plumme be of any largenesse, slit each Plum on the one side, from the top to the bottome ; and then lay them abroad in the Sunne : but if they be of the biggest sort, then give either Plum a slit on each side ; and if the Sun doe not shine sufficiently during the practice, then dry them in an Oven that is temperately warime.

47. How to keep Apples, Peares,
Quinces, Wardens, &c. all
the yeere, dry.

Take them, take out the coare, and slice them in thiane slices,
lay-

The Art of preserving,

laying them to dry in the Sunne in some stone or metalline dishes, or upon a high frame covered with coorse canvas, now and then turning them ; and so they will keep all the yeer.

48. *To make green Ginger upon sirup.*

Take Ginger one pound : pare it cleane ; steep it in red wine and vinegar equally mixed : let it stand so twelve dayes in a close yessell, and every day once or twice stirre it up and doun ; then take of wine one gallon, & of vinegar a pottle : seethe all together to the consumption of a moity or halfe ; then take a pottle of cleane clarified hony, or more, and put thereunto, and let them boile well together : then take halfe an ounce of saffron finely beaten, and put it thereto, with some sugar, if you please.

Conseruing, candying, &c.

49. To make sucket of greene
Walnuts.

TAke Walnuts when they are no
bigger than the largest hafell
nut : pare away the uppermost green,
but not too deep; then seethe them in
a pottle of water, till the water be
sodden away : then take so much
more of fresh water ; and when it is
sodden to the halfe, put thereto a
quart of vinegar, and a pottle of cla-
rified hony.

50. To make conserve of Prunes
or Damsons.

TAke ripe Damsons : put them
into scalding water : let them
stand a while ; then boile them over
the fire till they breake : then straine
out the water thorow a colander,
and let them stand therein to coole :
then straine the Damsons thorow
the colander, taking awaway the stones
and

The Art of preserving,

and skinnes: then set the pulp over the fire againe, and put thereto a good quantity of red wine, and boile them wwell to a stiffernesse, ever stirring them up and downe; and when they be almost sufficiently boiled, put in a convenient proportion of sugar: stirre all well together, and after put it in your gally-pots.

51. To make conserve of Strawberries.

First, seethe them in water, and then cast away the water, and straine them: then boile them in white wine, and worke as before in Damsons; or else strain them, being ripe: then boile them in wine and Sugar till they be stiffe.

52. Conserve of Prunes or Damsons made another way.

Take a pottle of Damsons: pricke them, and put them into a pot, putting

Conserving, candying, &c.

putting thereto a pint of Rose-water or wine, and cover your pot: let them boile well: then incorporate them by stirring; and, when they be tender, let them coole, and straine them with the liquor also: then take the pulp, and set it over the fire, and put thereto a sufficient quantity of Sugar, and boile them to their height or consistency, and put it up in gall-pots or jarre glasses.

53. How to candy Ginger, Nutmegs, or any root or flowers.

Take a quarter of a pound of the best refined Sugar, or Sugar-candy, whiche you can get: powder it: put thereto two spoonfuls of Rose-water: dip therein your Nutmegs, Ginger, roots, &c. being first sodden in faire water till they bee soft and tender: the oftner you dip them in your sirup, the thicker the candy will bee, but

The Art of preserving,

but it will bee the longer in candyng: your sirup must be of such stiffe-nesse, as that a drop thereof, being let fall upon a pewter-dish, may congeale and harden, being cold. You must make your sirup in a chafing-dish of coales, keeping a gentle fire. After your sirup is once at his full height, then put them upon papers prefently into a stove, or in dishes: continue fire some ten or twelve dayes, till you finde the candy hard and glistering like diamonds: you must dip the red rose, the gilliflower, the marigold, the borage-flower, and all other flowers but once.

54. The Art of comfet-making, teaching how to cover all kindes of seeds, fruits, or spices with sugar.

First of all you must have a deep bottomed bason of fine cleane brasse or latton, with two eares of iron to hang it with two severall cords

Conseruing, candying, &c.

cords over a bason or earthen pan with hot coales.

You must also have a broad pan to put ashes in, and hot coales upon them.

You must have a cleane latten bason to melt your sugar in, or a faire brasen skillet.

You must also have a fine brasen ladle, to let run the sugar upon the seeds.

You must also have a brasen slice, to scrape away the sugar from the hanging bason if neede require.

Having all these necessary vessels and instruments, worke as followeth.

Choose the whitest, finest, and hardest sugar, and then you need not to clarifie it, but beate it only into fine powder, that it may dissolve the sooner;

But first make all your seeds very clean, and dry them in your hanging bason.

D

Take

The Art of preserving,

Take, for every two pound of Sugar, a quarter of a pound of Annis-seeds, or Coriander-seeds, and your Comfits will be great enough: and if you will make them greater, take halfe a pound more of Sugar, or one pound more, and then they will bee faire and large.

And halfe a pound of Annis-seeds with two pound of Sugar, will make finesmall Comfits.

You may also take a quarter and a halfe of Annis-seeds, and three pound of Sugar, or halfe a pound of Annis-seeds, and foure pound of Sugar. Doe the like in Coriander-seeds.

Melt your Sugar in this manner: *viz.* Put three pounds of your powder-sugar into the Bason, and one pint of cleane running water thereunto: stirre it well with a brasen slice, untill all bee moist and well wet: then set it over the fire, without smoake or flame, and melt it well, that there bee no whole gristy

Conserving, candying, &c.

gristy Sugar in the bottomie, and let it seethe mildly, untill it will streeame from the ladle like Turpentine, with a long streeame, and not drop: when it is come to his decoction, let it seethe no more, but keep it upon hot embers, that it may runne from the ladle upon the seeds.

To make them speedily, let your water bee seething hot, or seething, and put powder of Sugar to them: cast on your Sugar boiling hot: have a good waime fire under the hanging bason.

Take as much water to your Sugar as will dissolve the same.

Never skim your Sugar, if it bee cleane and fine.

Put no kind of Starch or Amylum to your Sugar.

Seethe not your Sugar too long: for that will make it black, yellow, or tawny.

Move the seedes in the hanging bason as fast as you can or may;

The Art of preserving,

when the Sugar is in casting.

At the first coate put on but one halfe spoonfull with the ladle, and all to moye the bason, moye, stirre and rubbe the seedes with thy left hand a pretty while, for they will take Sugar the better, and dry them well after every coate.

Doe this at every coate, not onely in moving the bason, but also with the stirring of the Comfits with the left hand, and drying the same, thus doing you shall make good speed in the making: as, in every three houres you may make three pound of Comfits.

And as the Comfits doe increase in greatnessse, so you may take more Sugar in your ladle to cast on. But for plaine Comfits, let your Sugar bee of a light decoction last, and of a higher decoction first, and nor too hot.

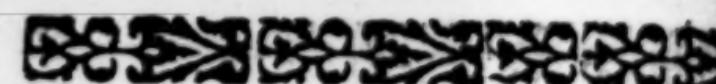
For crisper and ragged Comfits, make your sugar of a high decoction, even as high as it may runne from

Conseruing, candying, &c.

from the ladle, and let fall a foot high or more from the ladle, and the hotter you cast in your Sugar, the more ragged will your Comfits be. Also the Comfits will not take so much of the Sugar as they will upon a light decoction, and they will keep their raggednesse long. This high decoction must serve for eight or ten coates in the end of the work, and put on at every time but one spoonfull, and have a light hand with your basin, casting on but little Sugar.

A quarter of a pound of Coriander seeds, and three pound of Sugar will make great, huge, and bigge Comfits.

See that you keep your Sugar alwayes in good temper in the basin, that it burne not into lumpes or gobbes: and if your Sugar bee at any time too high boiled, put in a spoonfull or two of water, and keep it wairly with the ladle, and let your fire alwaies bee without



The Art of preserving,

smoake or flame.

Some commend a ladle that hath a hole in it to let the Sugar runne thorow of a heigh: but you may make your Comfits in their perfect forme and shape, onely with a plaine ladle.

When your Comfits bee made, set your dishes with your Comfits upon papers in them, before the heate of the fire, or in the hot Sunne, or in an Oven after the bread is drawne, by the space of an houre or two, and this will make them to bee very white.

Take a quarter of a pound of Annis-seeds, and two pound of Sugar, and this proportion will make them very great: and even a like quantity take of Carroway-seed, Fennell-seed, and Coriander-seed.

Take of the finest Cinamon, and cut it into pretty small stickes, being dry, and beware you wet it not: for that deadeth the Cina-
mon:

Conseruing, candying, &c.

mon.: And then worke as in other
comfits. Do this with Orenge rindes
likewise.

Worke upon Ginger, Cloves, and
Almonds, as upon other seeds.

The smaller that Annis-seed com-
fits be, the fairer, the harder, and so
in all other.

Take the powder of Cinamon,
two drammes; of fine Muske, dis-
solved in a little water, one scrup-
ple: mingle these all together in
the hanging Bason, and cast them
upon Sugar of a good decoction.
Then, with thy left hand, move
it to and fro, and dry it well: doe
this often, untill they bee as great
as Poppy-seeds; and give in the
end three or four coates of a light
decoction, that they may bee round
and plaine: and with an high de-
coction, you may make them
crispe.

You must have a coarse searce
made for the purpose with haire,
or with parchment full of holes, to

The Art of preserving,

part and divide the comfits into severall sorts.

To make paste for comfits, Take fine grated bread four ounces, fine elect Cynamon powdred halfe an ounce, of fine Ginger powder one dramme, Saffron powder, a little; white Sugar two ounces, and a few spoonfuls of Borage-water, seethe the water and the Sugar together, and put to the Saffron, then first mingle the crummes of bread, and the Spices well together, dry them, put the liquor scalding hot upon the stuffe, and being hot, labour it with thy hand, and make balls or other formes thereof, dry them, and cover them as comfits.

Coriander seeds two ounces, Sugar one pound and a halfe, maketh very faire comfits.

Annis-seeds three ounces, Sugar halfe a pound, of Annis-seeds two ounces, and Sugar sixe ounces, will make faire comfits.

Every dramme of fine Cynamon will

Conseruing, candying, &c.

will take at the least a pound of sugar for biscuits, and likewise of sugar or ginger powder.

Halfe an ounce of grosse Cinnamon will make almost three drams of fine powder searced, after it is well beaten.

Sugar powder one ounce will take at the least a pound of sugar to make your biscuits faire.

Carrawaigs will be faire at twelve coates.

Put into the Sugar a little Amylum dissolved for five or sixe of the least coates, and that will make them exceeding crispe: and if you put too much Amylum on Starch to the Comfits which you would have crispe, it will make them flat and smooth.

In any other confection of pasted Sugar, mixed with Gum dragant, put no kinde of Amylum: beware of it, for it will make the worke clammy.

To make red comfits, see the three
and

The Art of preserving,

or foure ou nces of brazell with a little water: take of this red water four spoonfuls ; of Sugar one ounce, and boile it to his decoction : then give sixe coats, and it will be of a good colour ; or else you may turne so much water with one dramme of turnsole, doing as before.

To make green Comfits, seethe sugar with the juice of beets.

To make them yellow, seethe saffron with sugar.

In making of comfits, alwaies when the water doth seethe, then put in your Sugar-powder, and let it seethe a little, untill it bee cleane dissolved, and boiled to his perfect decoction, and that the whitenesse of the colour be cleane gone : and if you let it settle, you shall see the Sugar somewhat cleere.

For biscuits, take two spoonfuls of liquor ; of Sugar searced in a coorse searce one dramme ; and of Sugar-powder, to bee molt and cast, one ounce. This done, will make the biscuits

Conseruing, candying, &c.

biskets somewhat faire, and somewhat greater than Poppy-seeds.

Aliter. Take Sugar-powder four drams; Sugar to cast, four ounces, with liquor sufficient: lay gold or silver on your comfits.

Every dram of Sugar-powder will take an ounce of Sugar to bee cast: eight drams make one ounce. To thus much powder for biskets, take halfe a pound of Sugar to cast thereon.

Coriander-seeds a quarter of a pound, Sugar three pound; Coriander-seeds halfe a pound: Sugar three drams, will make faire comfits.

For Biskets, Annis-ICeds halfe a pound; Fenneli-seeds a quarter of a pound; and Sugar, two pound sufficient.

In six or eight of the last coats put in two spoonfulls of Sugar very hot, to make them crisp.

To one pound of Sugar take nine ounces of water.

The Art of preserving,

55. *To make a cullis as white as snow,
and in the nature of gelly.*

Take a Cocke, scald, wash and draw him clean, seethe it in white wine or Rhenish wine: scum it clean, clarifie the broth after it is strained, then take a pint of thicke and sweet creame, straine that to your clarified broth, and your broth will become exceeding faire and white: then take powdered ginger, fine white sugar & rose-water, seething your cullis when you season it, to make it take the colour the better.

56. *To make wafers.*

Take a pint of flower, put into it a little creame with two yolkes of egges and a little Rose-water, with a little scarred Cinamon and Sugar, worke them all together, and bake the paste upon hot Irons.

57. *To*

Conseruing, candying, &c.

57. To make Almond Butter.

Blanch your Almonds, and beate them as fine as you can with faire water, two or three houres, then straine them thorow a linnen cloth, boile them with Rose-water, whole Mace and Annis-seeds, till the substance be thick: spread it upon a faire cloth, dreining the whey from it, after let it hang in the same cloth some few houres, then straine it, and season it with rose-water and sugar.

58. A white gelly of Almonds.

Take Rose-water, Gumme Draggant dissolved, or Isinglasie dissolved, and some Cinamon grossely beaten, seethe them all together, then take a pound of Almonds, blanch and beate them fine with a little faire water, dry them in a faire cloth: and put your

The Art of preserving,

your water aforesaid into the Almonds, seethe them together, and stirre them continually, then take them from the fire, when all is boiled to a sufficient height.

59. To make Leach.

See the a pint of creame, and in the leething put in some dissolved Isinglaſſe, stirring it till it bee very thicke, then take a handfull of blanched Almonds, beat them, and put them in a dish with your Creame, seasoning them with Sugar, and after ſlice it, and dish it.

60. Sweet Cakes without either Spice or Sugar.

Scrape or wash your Parsneps cleane, ſlice them thinne, dry them upon Canvas or Net-worke frames, beat them to powder, mixing one third thereof with two thirds

Conseruing, candying, &c.

thirds of fine wheat flower : make up
you rpaste into coates, and you shall
find them very sweet and delicate.

*61. Roses and Gilliflowers
kept long.*

Cover a Rose that is fresh, and in
the bud, and gathered in a faire
day after the dew is ascended, with
the whites of Egges well beaten, and
presently strew theron the fine pow-
der of searced Sugar, and put them
up in luted pots, setting the pots in
a coole place in sand or gravell : with
a fillip at any time you may shake off
this inclosure.

*62. Grapes growing all the
yeere.*

Put a Vine stalke thorow a
Basket of earth in December,
which is likely to beare Grapes,
that

The Art of preserving.

that yeere, and when the grapes are ripe, cut off the stalke under the basket (for by this time it hath taken root) keepe the basket in a warme place, and the grapes will continue fresh and faire a long time upon the Vine.

63. *How to dry Rose leaves, or any other single flower without wrinkling.*

IF you would performe the same well in rose leaves, you must in rose time make choise of such roses as are neither in the bud, nor full blowne (for these have the smoothest leaves of all other) which you must especially cull and chuse from the rest: then take right Callis sand, wash it in some change of waters, and dry it thorowly well, either in an oven or in the sunne; and having shallow, square or long boxes of sand, five, or sixe inches deep, make first an even lay of sand in the bottom, upon which

Conserving, candying, &c.

which lay your Rose leaves, one by one (so as one of them touch other) till you have covered all the sand, then strowe sand upon those leaves, till you have thinly covered them all, and then make another lay of leaves as before, and so lay upon lay, &c. Set this boxe in some warme place in a hot sunny day, (and commonly in two hot sunny dayes they will bee thorow dry) then take them out carefully with your hand without breaking. Keep these leaves in Jarre glasies, bound about with paper, neere a chimney, or stove, for feare of relenting. I finde the red Rose leafe best to be kept in this manner; also take away the stalkes of pansies, stocke-gilliflowers, or other single flowers, pricke them one by one in sand, pressing downe their leaves smooth with more sand laid evenly upon them. And thus you may have Rose leaves, and other flowers to lay about your barons,

The Art of preserving,

basons, windowes, &c. all the winter long. Also this secret is very requisite for a good Simplifier, because he may dry the leafe of any herbe in this manner : and lay it, being dry, in his Herball, with the simple which it representeth, whereby he may easily learne to know the names of all simples which he desireth.

64. Clusters of Grapes kept till Easter.

Clusters of Grapes, hanging upon lines within a close Presse, will last till Easter. If they shrinke, you may plumpe them up with a little warme water before you eat them. Some use to dip the ends of the stalkes first in pitch : some cut a branch off the Vine with every cluster, placing an Apple at each end of the branch, now and then renewing those Apples as they rot ; and after hanging them within a Presse or Cupboard which would

Conseruing, candizing, &c.

would stand in such a roome (as I suppose) where the grapes might not freeze: for otherwise you must bee forced now and then to make a gentle fire in the roome, or else the grapes will rot and perish.

65. *How to keep Walnuts a long time plumpe and fresh.*

Make a lay of the dry stampings of Crabs when the verjuice is pressed from them, cover that lay with Walnuts, & upon them make another lay of stampings, and so one lay upon another till your vessell be full wherein you meane to keep them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. *An excellent conceit upon the kernels of dry Walnuts.*

Gather not your Walnuts before they be full ripe, keep them without

The Art of preserving,

out any art untill New-yeeres tide, then breake the shells carefully, so as you deface not the kernels: (and therefore you must take choise of such Nuts as have thin shels) what-soever you finde to come away easilly, remove it: steep these kernels in conduit water forty eight hours, then will they swell, and grow very plumpe and faire, and you may pill them easilly, and present them to any friend you have for a New-yeeres gift: but being pilled, they must bee eaten within two or three houres, or else they lose their whitenesse and beauty; but unpilled they will last two or three dayes faire and fresh. This of a kind Gentlewoman, whose skill I doe highly commend, and whose case I doe greatly pity; such are the hard fortunes of the best wits and natures in our dyes.

Conseruing, candying, &c.

67. How to keep Quinces in a most excellent manner.

Make choise of such as are sound, and gathered in a faire, dry and sunny day, place them in a vessell of wood, containing a firkin or thereabout, then cover them with penny ale, and so let them rest: and if the liquor carry any bad scum, after a day or two take it off: every ten or twelve daies let out your penny ale at a hole in the bottom of your vessell, stop the hole, and fill it up againe with fresh penny ale: you may have as much for two pence at a time as will serve for this purpose. These Quinces being baked at Whitsontide, did taste more daintily than any of those which are kept in our usuall decoctions or pickles.

Also if you take white wine Lees that are neat (but then I feare you must get them of the Merchant, for your Tavernes do hardly afford any) you

The Art of preserving,

you may keep your Quinces in them
very faire and fresh all the yeere, and
therein you may also keep your Bar-
baries both full and faire coloured.

68. Keeping of Pomegranats.

Make choise of such Pomgranats
as are sound, and not prickt, as
they terme it, lap them over thinly
with waxe, hang them upon nailes,
where they may touch nothing, in
some cupboard or closet in your bed-
chamber, where you keep a continu-
all fire, and every three or foure daies
turne the under sides uppermost :
and therefore you must so hang them
in packthreed, that they may have a
bow knot at either end. This way
Pomegranats have been fresh till
Whitsontide.

69. Preserving of Artichokes.

Cut off the stalkes of your Arti-
chokes within two inches of the
Apple;

Conserving, candying, &c.

Apple ; and of all the rest of the stalkes make a strong decoction, slicing them into thin and small pieces, and keep them in this decoction : when you spend them, you must lay them first in warme water, and then in cold, to take away the bitterness of them. This of M. Parsons, that honest and painfull practicer in his profession.

In a milde & warm winter, about a moneth or three weekes before Christmas, I caused great store of Artichokes to bee gathered with their stalkes in their full length as they grew : and, making first a good thick lay of Artichoke leaves in the botome of a great and large vessell , I placed my Artichokes one upon another, as close as I could couch them, covering them over of a pretty thicknesse with Artichoke leaves : those Artichokes were served in at my Table all the Lent after, the apples being red and sound , onely the tops of the leaves a little vaded,

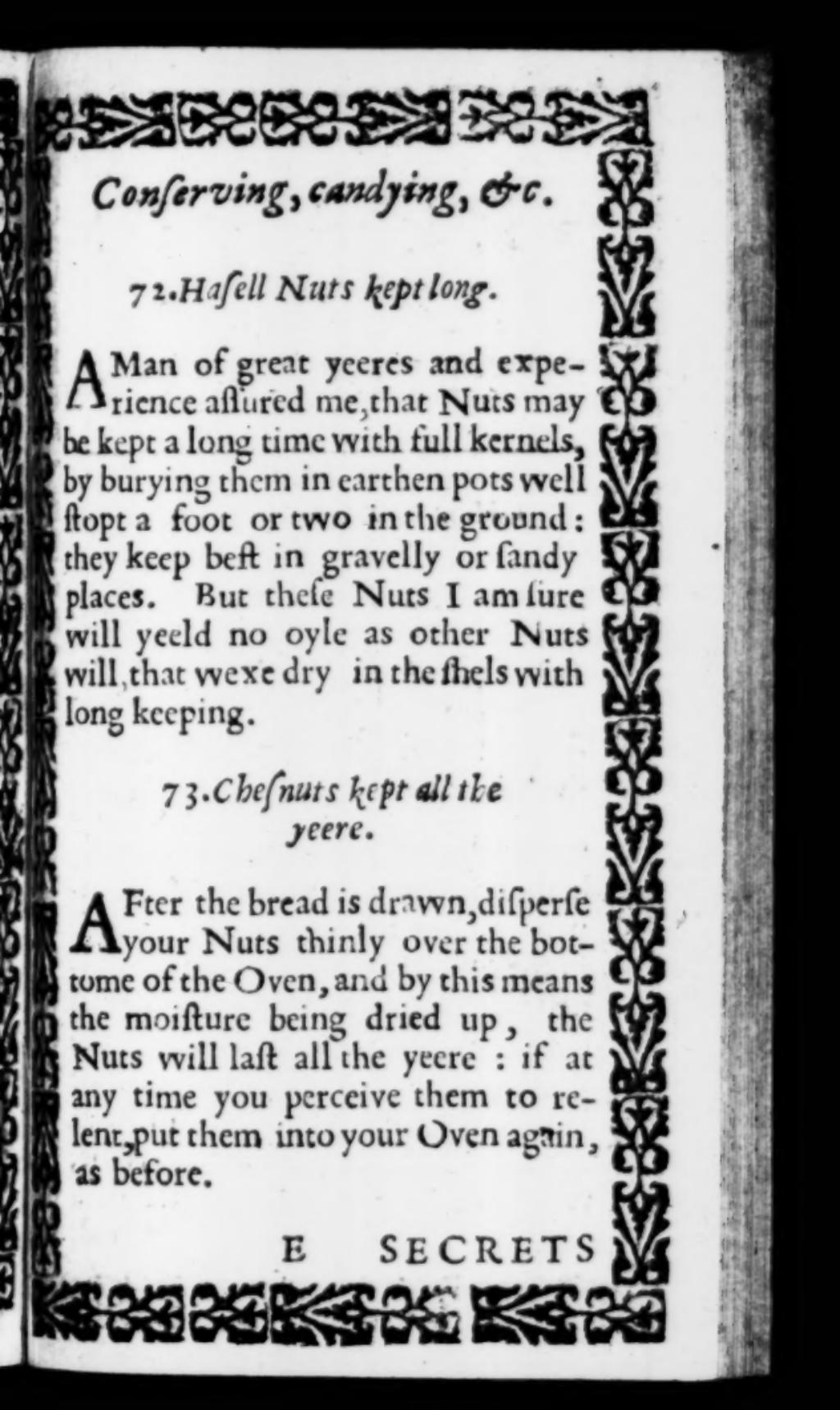
The Art of preserving,
vaded, which I did cut away.

70. *Fruit preserved in pitch.*

Dayberries, that doe somewhat
resemble blacke Cherries, called
in Latine by the name of *Solanum*
lethale; being dipped in molten
pitch, being almost cold, and before
it congeale and harden againe, and so
hung up by their stalkes, will last a
whole yeere. *Probat. per M. Parsons*
the Apothecary. Prove what other
fruits will also bee preserved in this
manner.

71. *To make Clove or Cinamon
Sugar.*

Lay pieces of sugar in close boxes
amongst stickes of Cinamon,
Cloves, &c. and in short time it will
purchase both the taste and sent of
the spice. *Probat. in Cloves.*



Conseruing, candying, &c.

72. *Hafell Nuts kept long.*

A Man of great yeeres and experiance assured me, that Nuts may be kept a long time with full kernels, by burying them in earthen pots well stopt a foot or two in the ground: they keep best in gravelly or sandy places. But these Nuts I am sure will yeeld no oyle as other Nuts will, that wexe dry in the shels with long keeping.

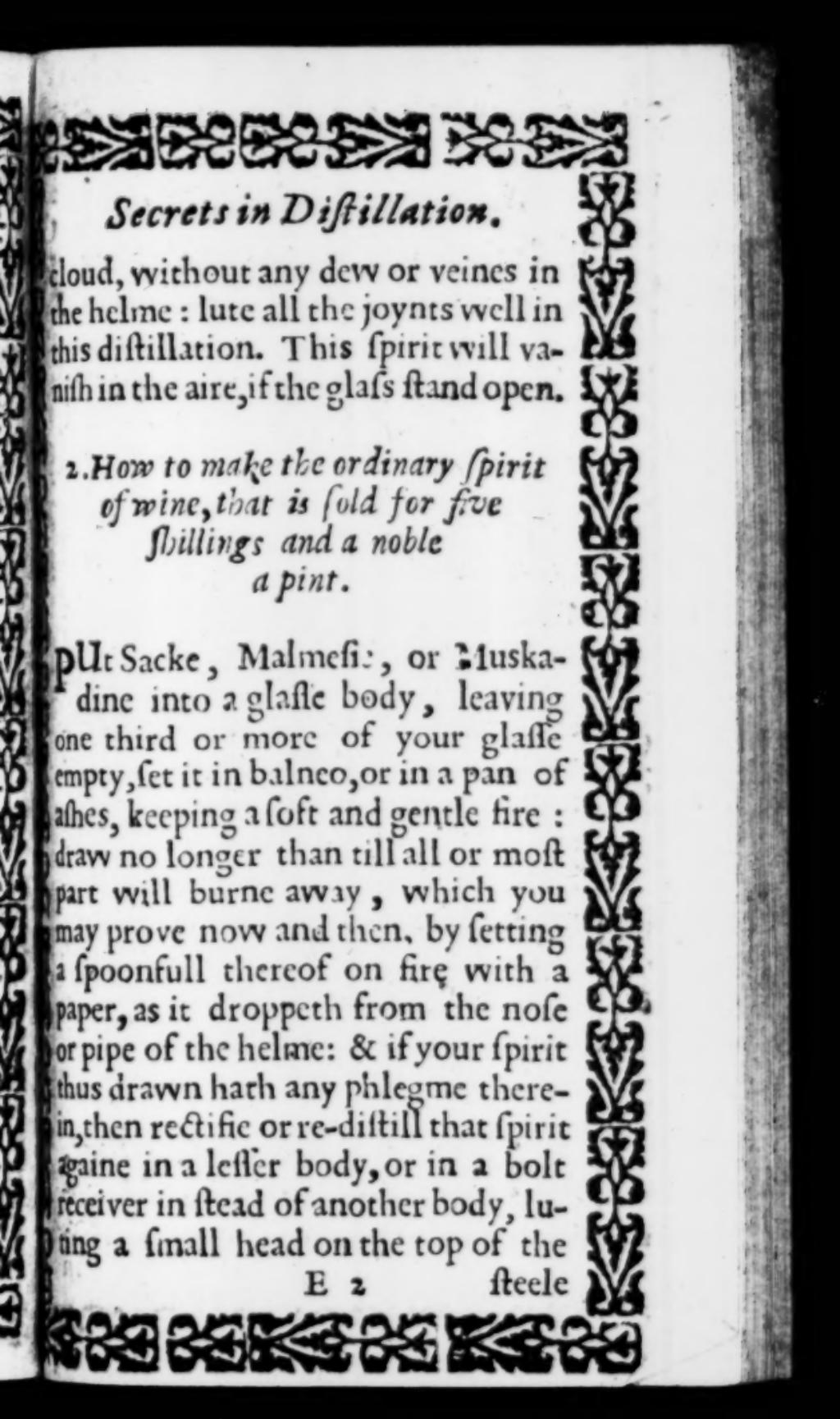
73. *Chesnuts kept all the yeere.*

A fter the bread is drawn, disperse your Nuts thinly over the botome of the Oven, and by this means the moisture being dried up, the Nuts will last all the yeere: if at any time you perceive them to relent, put them into your Oven again, as before.

SECRETS IN DISTILLATION.

1. How to make true spirit of Wine.

Take the finest paper you can get, or else so ne Virgin-parchment; straine it very right & stiffe over the glasse body, wherein you put your Sacke, Malmfie or Muskadine; oyle the paper or Virgin-parchment with a pencill, moistened in the oyle of Ben, & distill it in Balneo with a gentle fire, and by this meanes you shall purchase onely the true spirit of Wine. You shall not have above two or three ounces at the most out of a gallon of Wine, which ascendeth in the forme of a cloud,



Secrets in Distillation.

cloud, without any dew or veines in the helme: lute all the joynts well in this distillation. This spirit will vanish in the aire, if the glasse stand open.

2. How to make the ordinary spirit of wine, that is sold for five shillings and a noble a pint.

Put Sacke, Malmesie, or Muskadine into a glasse body, leaving one third or more of your glasse empty, set it in balneo, or in a pan of ashes, keeping a soft and gentle fire: draw no longer than till all or most part will burne away, which you may prove now and then, by setting a spoonfull thereof on fire with a paper, as it droppeth from the nose or pipe of the helme: & if your spirit thus drawn hath any phlegme therein, then rectifie or re-distill that spirit againe in a lesser body, or in a bolt receiver in stead of another body, luting a small head on the top of the

Secrets in Distillation.

steele thereof, and so you shall have a very strong spirit: or else for more expedition, distill five or sixe gallons of wine by Limbeck; and that spirit which ascendeth afterward, re-distill in glasse, as before.

3. Spirits of Spices.

Distill with a gentle heat, either in Balneo, or athes, the strong and sweet water, wherewith you have drawne oyle of Cloves, Mace, Nutmegs, Juniper, Rosemary, &c. after it hath stood one moneth close stopt, and so you shall purchase a most delicate spirit of each of the said aromaticall bodies.

4. Spirit of wine, tasting of what vegetables you please.

Macerate Rosemary, Sage, sweet Fennell-seeds, Marjoram, Lemmon, or Orenge pils, &c. in

Secrets in Distillation.

in spirit of wine a day or two, & then distill it over againe, unlesse you had rather have it in his proper colour: for so you shall have it upon the first infusion without any farther distillation: and some young Alchimists do hold these for the true spirits of vegetables.

5. How to make the water, which is usually called Balme-water.

TO every gallon of Claret wine, put one pound of greene balme. Keep that which commeth first, and is clearest, by it selfe: and the second and whiter sort, which is weakest & commeth last, by it selfe: distill in a pewter-Limbecke luted with paste to a brasle pot. Draw this in May or June, when the herb is in his prime.

6. Rosa-solis.

TAKE of the herbe Rosa-solis, gathered in July, one gallon,
E 3 picke

Secrets in Distillation.

picke out all the blacke moats from the leaves ; Dates, halfe a pound ; Cinammon, Ginger, Cloves, of each one ounce ; grains, halfe an ounce ; fine Sugar, a pound and a halfe ; red Rose-leaves, greene or dried, foure handfuls : steep all these in a gallon of good *Aqua composita*, in a glasse cleane stopped with waxe, during twenty dayes : shake it well together once every two dayes. Your Sugar must be powdred, your spices bruised onely, or grossly beaten ; your Dates cut in long slices, the stones taken away. If you adde two or three graines of Amber-greece, and as much Muske in your glasse, among the rest of the ingredients, it will have a pleasant smell. Some adde the Gum Amber, with Corall and Pearle finely powdred, and fine leafe-gold. Some use to boile Ferdinand-bucke in Rose-water, till they have purchased a faire, deep crimson colour : and when the same is cold, they colour their Rosa-solis and

Secrets in Distillation.
and *Aqua Rubea* therewith.

7. *Aqua Rubea.*

Take of Musk sixe graines: of Cinnamon and Ginger, of each one ounce; white sugar-candy, one pound: powder the Sugar, and bruise the Spices grossly: bind them up in a cleane linnen cloth, and put them to infuse in a gallon of *Aqua composita*, in a glasse close stopt twenty foure hours, shaking them together divers times: then put thereto of Turnesole one dramme: suffer it to stand one hour, and then shake all together: then, if the colour like you after it is settled, poure the clearest forth into another glasse: but if you will have it deeper coloured, suffer it to worke longer upon the Turnsole.

Secrets in Distillation.

8. *Doctor Steven's Aqua composita.*

TAke a gallon of Gascion wine, of Ginger, Galingale, Cinamon, Nutmegs and graines, Annis-seeds, Fennel-seeds, and Carroway-seeds, of each a dram; of Sage, Mints, red Roses, Thyme, Pellitory, Rosemary, wild Thyme, Camomil, Lavender, of each a handfull: bray the spices small, and bruise the herbs, letting them mace-rate twelve houres, stirring it now & then, then distill by a Limbecke of pewter, keeping the first cleere water that commeth, by it selfe, and so likewise the second. You shal draw much about a pint of the betteer sort from every gallon of wine.

9. *Usque-bath, or Irish Aqua vite.*

TO every gallon of good *Aqua composita*, put two ounces of chosen

Secrets in Distillation.

chosen Liquorice bruised, and cut into small peeces, but first cleansed from all his filth, and two ounces of Annis-seeds that are clean and bruised: let them macerate five or sixe dayes in a wooden vessell, stopping the same close, and then draw off as much as will run cleere, dissolving in that cleere *Aqua vitæ* five or sixe spoonfuls of the best Malastoes you can get (Spanish Cut, if you can get it, is thought better than Malastoes) then put this into another vessell; and after three or four dayes (the more the better) when the liquor hath fined it selfe, you may use the same: some adde Dates and Raifins of the Sunne to this receipt; those grounds which remaine you may redistill, and make more *Aqua compo-
sita* of them, and of that *Aqua compo-
sita* you may make more *Usque-bath*.

Secrets in Distillation.

10. Cinnamon-water.

Having a Copper body or Brasie pot that will hold twelve gallons, you may well make two or three gallons of Cinnamon-water at once. Put into your body over-night sixe gallons of conduit-water, and two gallons of spirit of wine, or, to save charge, two gallons of spirit drawne from wine lees, Ale, or low Wine, sixe pound of the best and largest Cinnamon you can get, or else eight pound of the second sort well bruised, but not beaten into powder: lute your Limbecke, and begin with a good fire of wood and coales, till the vessel begin to distill; then moderate your fire, so as your pipe may drop apace, and runne trickling into the Receiver, but blow not at any time. It helpeth much herein to keep the water in the Bucket not too hot, by often

Secrets in Distillation.

ten change thereof: it must never be so hot, but that you may well endure your finger therein. Then divide into quart glasses the spirit which first ascendeth, and wherein you finde either no taste, or very small taste of the Cynamon, then may you boldly, after the spirit once beginneth to come strong of the Cynamon, draw until you have gotten at the least a gallon in the Receiver, and then divide often by halfe pintes, and quarters of pintes, lest you draw too long: which you shall know by the faint taste and milky colour, which distilleth to the end: this you must now and then taste in a spoone. Now when you have drawne so much as you finde good, you may adde thereto so much of your spirit that came before your Cynamon-water, as the same will well beare, which you must finde by your taste. But if your spirit and your Cynamon bee both good, you may of the aforesaid

Secrets in Distillation.

aforsaid proportion will make up two gallons, or two gallons and a quart of good Cynamon-water. Here note, that it is not amisse to obserue which glasse was first filled with the spirit that ascended, and so of the second, third, and fourth: and when you mixe, begin with the last glasse first, and so with the next, because those have more taste of the cynamon than that which came first; and therefore more fit to bee mixed with your Cynamon-water. And if you meane to make but eight or nine pints at once, then begin but with the halfe of this proportion. Also that spirit which remaineth unmixed, doth serve to make Cynamon-water the second time. This way I have often proved, and found most excellent: take heed that your Limbeck be cleane, and have no manner of sent in it, but of Wine or Cynamon, and so likewise of the glasses, funnels, and pots which you shall use about this worke.

Secrets in Distillation.

11. How to distill Isop, Thyme, Liven-
der, Rosemary, &c. after a new
and excellent manner.

Having a large pot, containing twelve or fourteen gallons, with a Limbecke to it, or else a copper body, with a serpentine of twenty, or twenty four gallons, and a copper head, being such a vessell as is commonly used in the drawing of *Aqua-vite*, fill two parts thereof with faire water, and one other third part with such herbes as you would distill; the herbes being either moist or dry, skilleth not greatly whether: let the herbes mace-rate all night, and in the morning begin your fire, then distill as before in *Cinamon-water*, being carefull to give change of waters to your colour alwayes as it needeth: draw no longer than you feele a strong and sensible taste of the

Secrets in Distillation.

the herbe which you distill, alwaies dividing the stronger from the weaker, and by this means you shall purchase a water farre excelling any that is drawne by a commone pewter Still: you may also gather the oyle of each herbe, which you shall finde fleeting on the top or summyt of your water. This course agreeth best with such herbes as are not in taste, and will yeeld their oyle by distillation.

12. How to make the salt of Herbes.

Burne whole bundles of dried Rosemary, Sage, Isop, &c. in a cleane Oyen, and when you have gathered good store of the ashes of the herbe, infuse warme water upon them, making a strong and sharpe Lee of those ashes, then evaporate that Lee, and the residue or settling which you finde in the bottom thereof, is the salt which you seeke for. Some use to filter this Lee divers

Secrets in Distillation.

divers times before evaporation, that their salt may be the clearer & more transparent. This salt, according to the nature of the herbe, hath great effects in physicke.

13. Spirit of Honey.

Put one part of Hony to five parts of water: when the water boileth, dissolve your Hony therein, scumme it, and having sodden an houre or two, put it into a wooden vessell, and when it is but bloud-warme, set it on work with yeast after the usuall manner of Beere and Ale: tunne it, and when it hath lyen some time, it will yeeld his spirit by distillation, as Wine, Beere, and Ale will doe.

14. To distill Rose-water at Michaelmas, and to have as good yeeld as at any other time of the yeere.

IN the pulling of your Roses, first divide all the blasted leaves, then take

Secrets in Distillation.

take the other fresh leaves, and lay them abroad upon your table or windowes, with some cleane linen under them, let them lye three or foure hours, or if they bee dewy untill the dew bee fully vanisched: put these Rose-leaves in great stone pottes, having narrow mouthes, and well leaded within, (such as the Goldfiners call their hookers, and serve to receive their *Aqua fortis*, bee the best of all others that I know) and when they are well filled, stop their mouthes with good corkes, either covered all over with waxe or molten brimstone, and then set your pot in some coole place, and they will keep a long time good, and you may distill them at your best leisure. This way you may distill Rose-water good cheape. If you buy store of Roses, when you find a glut of them in the Market, wherby they are sold for seven pence or eight pence the bushell: you then engrosse

Secrets in Distillation.

engrossle the flower. And some hold opinion, that if in the midst of these leaves you put some broken leaven, and after fill up the pot with Rose-leaves to the top, that so in your distillation of them you shall have a perfect Rose-vinegar, without the addition of any common vinegar. I have knowne Rose-leaves kept well in Rondlets that have bin first well seasoned with some hot liquor and Rose-leaves boiled together, and the same pitched over on the out-side, so as no aire might penetrate or pierce the vessell.

15. A speedy distillation of Rose-water.

STAMPE the leaves, and first distill the juice, being expressed, and after distill the leaves, and so you shall dispatch more with one Still, than others doe with three or foure

Secrets in Distillation.

four Stils. And this water is every way as medicinable as the other, serving in all sirups, decoctions, &c. sufficiently, but not altogether so pleasing in smaell.

16. How to distill Wine-vinegar, or good Aligar, that may bee both cleere and sharp.

I Know it is an usuall manner among the Novices of our time, to put a quart or two of good Vinegar into an ordinary leaden Still, and so to distill it as they doe all other waters. But this way I utterly dislike, both for that here is no separation made at all, and also because I feare, that the Vinegar doth carry an ill touch with it, either from the leaden bottome, or pewter head, or both. And therefore I could wish rather, that the same were distilled in a large body of glasse, with a head or receiver, the same being placed in sand or ashes.

Note,

Secrets in Distillation.

Note, that the best part of the Vinegar is the middle part that ariseth ; for, the first is taine & phlegmatick ; and the last will taste of aduision, because it groweth heavie toward the latter end, & must be urged up with a great fire : and therefore you must now and then taste of that which commeth both in the beginning, and towards the latter end, that you may receive the best by it selfe.

17. How to draw the true spirit of Rose, and so of all other herbes and flowers.

Macerate the Rose in his owne juice, adding thereto, being temperately warme, a convenient proportion either of yeast or ferment : leave them a few dyes in fermentation, till they have gotten a strong and heady smell, beginning to incline toward Vinegar : then distill them in balneo in glass-bodies luted to their helmes (happely a Limbecke

Secrets in Distillation.

beck will doe better, and tid faster) and draw so long as you finde any sent of the Rose to come: then re-distill or rectifie the same so often till you have purchased a perfect spirit of the Rose. You may also ferment the juice of Roses onely, and after distill the same.

18. *An excellent Rose-water.*

Upon the top of your glasse body, straine a haire cloth, and upon that lay good store of Rose-leaves, either dry, or halfe dry; and so your water will ascend very good both in smell and in colour. Distill either in Balneo, or in a gentle fire in ashes: you may re-iterate the same water upon fresh leaves. This may also bee done in a leaden Still; over which, by reason of the breadth, you may place more leaves.

19. *An*

Secrets in Distillation.

19. *An excellent way to make the extract of all Vegetables.*

Expreſſe a good quantity of the juice thereof, ſet it on the fire, and give it onely a wilme or two, then it will grow cleere: before it be cooled, poure away the cleered filter with a peece of cottent, and then evaporate your filtred juice, till it come to a thick ſubſtance: and thus you ſhall have a moſt excellent extract of the Roſe, Gilliflower, &c. with the per- fect ſent and taste of the flower; whereas the common way is to make the extract either by the ſpirit of wine, faire water, the water of the plant, or ſome kind of menstruum.

20. *To make a water ſmelling of the Eglantine, Gilli-flowers, &c.*

Dry the herbe or flower, and diſtill the ſame in faire water in

Secrets in Distillation.

in a Limbecke, draw no longer than you finde sent in the water that issueth, re-iterate that water upon fresh herbes, and distill as before, dividing the sweetest from the rest.

21. A Scottish hand-water.

Put Tyme, Lavender, and Rosemary confusedly together, then make a lay of thicke wine Lees in the bottom of a stone pot, upon which make another lay of the said herbes, & then a lay of Lees, and so forward: lute the pot well, bury it in the ground for six weeks; distill it, & it is called Dames-water in Scotland. A little thereof put into a bason of common water, maketh very sweet washing water.

22. How to draw the bloud of herbs.

Stamp the herb, put the same into a large glasse, leaving two parts empty (some commend the juice of the herbe onely) nip or else lute the glasse

Secrets in Distillation.

glassie very well: digest it in Balneo 15.or 16. daies, and you shall find the same very red: divide the watriish part; and that which remaineth, is the bloud or essence of the herb.

23. Rose-water, and yet the Rose-leaves not discoloured.

Y_OU must distill in balneo, & when the bottom of your pewter Still is thorow hot, put in a few leaves at once, & distill them: watch your Still carefully; and, as soon as those are distilled, put in more. I know not whether your profit will requite your labour, yet accept of it as a new conclusion.

24. How to recover Rose-water, or any other distilled water that hath gotten a mother, and is in danger to be musty.

INfuse your water upon fresh Rose-leaves, or upon Rose-cakes broken all



Secrets in Distillation.

all in peeces, and then, after maceration for three or foure houres with a gentle fire, re-distill your water. Do this in a Limbeck, take heed of drawing too long for burning, unless your Limbeck stand in balneo.

25. To draw both good Rose-water, and oyle of Roses together.

After you have digested your Rose-leaves by the space of three moneths, *sicut ante, num. 13.* either in barrels or hookers, then distill them with faire water in a Limbeck: draw so long as you can find any excellent smell of the Rose, then divide the fatty oyle that fleeteth on the top of the Rose-water, and so you have both excellent oyle of Roses, and also good Rose-water together, and you shall also have more water than by the ordinary way,

Secrets in Distillation.

way: and this Rose-water extendeth farther in physicall compositions, and the other serveth best for perfumes and casting bottles. You may also distill the oyle of *Lignum Rhodium* this way, saving that you shall not need to macerate the same above foure and twenty houres in your water or menstruum before you distill: this oyle hath a most pleasing smell, in a manner equall with the oyle of Roses.

F

COO-

COOKERY AND HUSWIFERY.

1. To souse a young Pigge.

Take a young Pigge, being scalded: boile it in faire water & white wine: put thereto some Bay-leaves, some whole Ginger, some Nutmegs quartered, and a few whole Cloves: boile it thorowly, and leave it in the same broth in an earthen pot.

2. Aliter.

Take a Pigge, being scalded: collar him up like Brawne, and lap your collars in faire clothes: when the flesh is boiled tender, take it out, and put

Cookery and Huswifery.

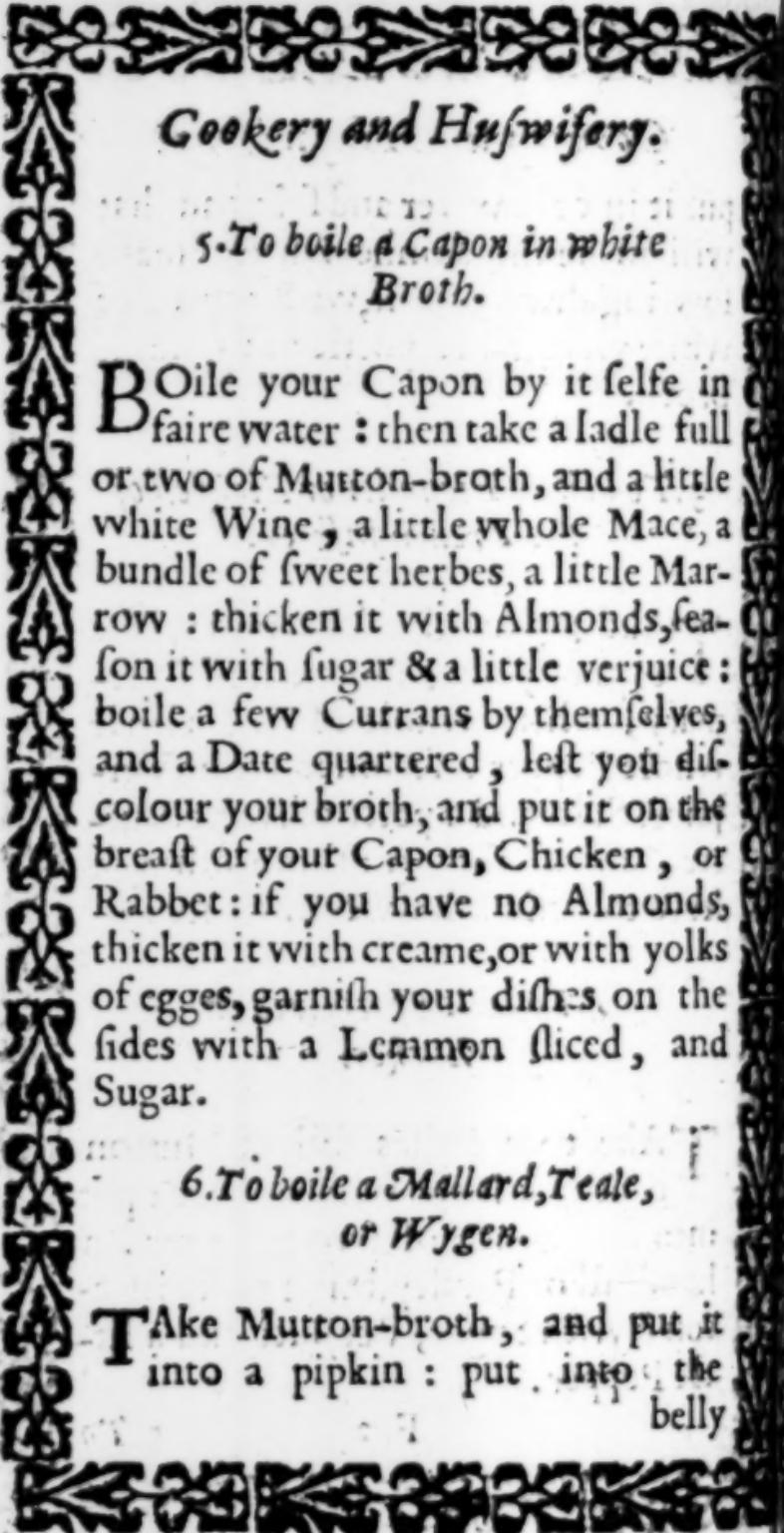
put it in cold water and salt, and that will make the skinne white: make sowling drinke for it, with a quart of white wine, and a pottle of the same broth.

3. To boile a Flouder or Pickrell of the French fashion.

Take a pint of white wine, the tops of young Thyme and Rosemary, a little whole Mace, a little whole Pepper, seasoned with Verjuice, Salt, and a peece of sweet Butter, and so serve it: this broth will serve to boile fish twice or thrice in.

4. To boile Sparrowes or Larkes.

Take two ladles full of Mutton broth, a little whole Mace: put into it a peece of sweet Butter, a handfull of Parsley, being picked: season it with Sugar, Verjuice, and a little Pepper.



Cookery and Huswifery.

5. To boile a Capon in white Broth.

Boile your Capon by it selfe in faire water : then take a ladle full or two of Mutton-broth, and a little white Wine, a little whole Mace, a bundle of sweet herbes, a little Marrow : thicken it with Almonds, season it with sugar & a little verjuice : boile a few Currans by themselves, and a Date quartered, lest you discolour your broth, and put it on the breast of yout Capon, Chicken, or Rabbet : if you have no Almonds, thicken it with creame, or with yolks of egges, garnish your dishes on the sides with a Lemmon sliced, and Sugar.

6. To boile a Mallard, Teale, or Wygen.

Take Mutton-broth, and put it into a pipkin : put into the belly

Cookery and Huswifery.

belly of the Fowle a few sweet herbs, and a little Mace: stick halfe a dozen of Cloves in his breast: thicken it with a toste of bread steeped in Verjuice: season it with a little Pepper, and a little Sugar; also one Onion minced small is very good in the broth of any water-Fowle.

7. To boile a legge of Mutton after the French fashion.

TAKE all the flesh out of your Leg of Mutton, or at the but end, preserving the skinne whole, and mince it small with Oxe-suet and marrow: then take grated bread, sweet Creame, and yolkes of Egges, and a few sweet herbes: put unto it Currans and Raisins of the Sunne: season it with Nutmegs, Mace, Pepper, and a little Sugar, and so put it into the Leg of Mutton again, where you tooke it out, and stew it in a pot with a marrow-bone or two: serve

Cookery and Huswifery.

in the marrow-bones with the stevved broth and fruit, and serve in your Legge of Mutton dry with Carret roots sliced, and cast grosse Pepper upon the roots.

8. To boile Pigs-petites on the French fashion.

Boile them and slice them, being first rouled in a little batter, your batter being made with the yolke of an egge, two spoonfuls of sweet creame, and one spoonfull of flower: make sawce for it with Nutmeg, Vinegar, and Sugar.

9. To boile Pigeons with Rice.

Boile them in Mutton-broth, putting sweet herbs in their bellies: then take a little Rice, and boile it in Creame, with a little whole Mace: season it with Sugar: lay it thicke on their brests, wringing also the juice of

Cookery and Hufwifery.

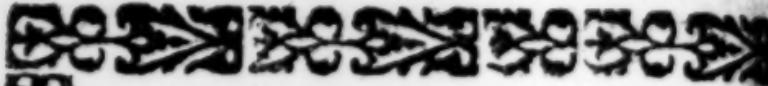
of a Lemmon upon them, and so serve them.

10. To boile a chine of Veale or Chicken in sharpe broth with herbs.

TAke a little Mutton-broth, white wine and verjuice, and a little whole Mace: then take Lettuce, Spinage, and Parsley, and bruise it, and put it into your broth, seasoning it with Verjuice, Pepper, and a little Sugar, and so serve it.

11. To make Beaumanger.

TAke the Brawne of a Capon, tose it like wooll; then boile it in sweet cream, with the whites of two egges: and being well boiled, hang it in a cloth, and let the whey runne from it: then grinde it in an Alabaster mortar with a wooden pestell; then draw it thorough a thinnre strainer



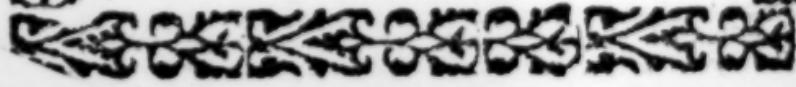
Cookery and Huswifery.

with the yolkes of two egges and a little rose-water: then set it on a chafing-dish with coales, mixing foure ounces of sugar with it; and when it is cold, dish it up like almond-butter, and so serve it.

12. To make a Polonian Sawfedge.

TAKE the fillets of a Hogge: chop them very small with a handfull of red Sage: season it hot with Ginger and Pepper, and then put it into a great sheep's gut: then let it lye three nights in brine: then boile it, and hang it up in a chimney where fire is usually kept: and these Sawfedges will last a whole yeere. They are good for sallads, or to garnish boiled meats, or to make one relish a cup of wine.

13. To



Cookery and Huswifery.

13. *To make tender and delicate
Brawne.*

Put collars of Brawn in kettles of water, or other apt vessels, into an Oven, heated as you would for houyholt bread: cover the vessels, and so leave them as long in the Oven, as you would doe a batch of bread. A late experience amongst Gentlewomen, far excelling the old manner of boiling Brawne in great and huge kettles. Quere, if putting your liquor hot into the vessels, and the Brawn a little boiled first, by this meaneſ you ſhall not give great expedition to your worke.

14. *Paſte made of
Fiſh.*

Incorporate the body of ſalt fish, Stock-fiſh, Ling, or any fresh fish that is not full of bones, with crums of bread, flower, Iſinglaſſe, &c.

F 5 and

Cookery and Huswifery.

and with proper Spices agreeing with the nature of every severall fish; and of that paste, mould off the shapes and formes of little fishes; as, of the Roch, Dace, Perch, &c. and so by Art you may make many little fishes out of one great and naturall fish.

15. How to barrell up Oysters so as they shall last for fixe moneths.
sweet and good, and in
their naturall
taste.

Open your Oysters: take the liquor of them, and mixe a reasonable proportion of the best white wine Vinegar you can get, a little Salt, and some Pepper: barrell the fish up in small caske, covering all the Oysters in this pickle, and they will last a long time. This is an excellent meanes to convey Oysters unto dry townes, or to carry them in long voyages.

16. How

Cookery and Huswifery.

16. How to keep fresh Salmon a whole moneth in his perfect taste, and delicacy.

First seethe your Salmon according to the usuall manner: then sinke it in apt and close vessels in wine-vinegar, with a branch of Rose-mary therein. By this meanes, Vintners and Cookes may make profit thereof when it is scarce in the Markets: and Salmon, thus prepared, may bee profitably brought out of Ireland, and sold in London, or else-where.

17 Fish kept long, and yet to eat short and delicately.

Fry your fish in oyle: some commend rape oyle; & some, the sweetest Civill oyle that you can get: for the fish wil not taste at all of the oile, because

Cookery and Huswifery.

because it hath a watrish body, and oyle and water make no true unity: then put your fish in white wine vinegar, and so you may keep it for the use of your Table any reasonable time.

18. How to keep roasted Beefe a long time sweet and wholsome.

THis is also done in Wine-vinegar, your peeces being not over great, and well and close barrelled up. This secret was fully proved in that honourable voyage unto Cales.

19. How to keep powdered Beefe five or sixe weekes after it is sodden, without any charge.

WHen your Beefe hath been well and throughly powdered by ten or twelve dayes space, then seethe it thoroughly, dry it with a cloth, and

Cookery and Huswifery.

and wwrap it in dry clothes, placing the same in cloie vessels and cupboards, and it will keep sweet and sound two or three moneths, as I am credibly informed from the experience of a kinde and loving friend.

20. *A conceipt of the Authors, how Beefe may bee carried at the Sea without that strong and violent impression of salt, which is usually purchased by long and extreme powdering.*

HERE with the good leave and favour of those courteous Gentlewomen, for whom I did principally, if not onely, intend this little Treatise; I will make bold to lanch a little from the shoare, and try what may bee done in the vast and wide Ocean, and in long and dangerous voyages, for the better preservation of such usuall victuals, as for want of this skill
doe

Cookery and Huswifery.

doe oftentimes meerly perish, or else by the extreme piercing of the Salt, do lose even their nutritive strength and vertue: and if any future experience do happen to controule my present conceipt, let this excuse a Scholar, *quod in magnis est voluisse satis.* But now to our purpose: Let all the bloud be first well gotten out of the Beefe, by leaving the same some nine or ten dayes in our usuall brine: then barrell up all the pieces in vessels full of holes, fastening them with ropes at the sterne of the ship, and so dragging them thorow the salt sea water (which, by his infinite change and succession of water, will suffer no putrefaction, as I suppose:) you may happily finde your Beefe both sweet & ivoury enough, when you come to spend the same. And if this happen to fall out true upon sometryall thereof had, then either at my next impression, or when I shall be urged thereunto upon any necessity of service, I hope to

Cookery and Huswifery.

to discover the meanes also whereby every shipp may carry sufficient store of victuall for her selfe in more close and convenient carriages than those loose vessels are able to performe. But if I may bee allowed to carry either rosted or sodden flesh to the sea, then I dare adventure my poore credit therein, to preserve, for six whole moneths together, either Beefe, Mutton, Capons, Rabbets, &c. both in a cheap manner, and as fresh as we doe nowy usually eate them at our tables. And this I hold to be a most singular and necessary Secret for all our English Navie; which at all times, upon reasonable termes, I will bee ready to disclose for the good of my countrey.

Cookery and Huswifery.

21. *How to make sundry sorts of most dainty butter, having a lively taste of Sage, Cinnamon, Nutmegs, Mace, &c.*

This is done by mixing a few drops of the extracted oyle of Sage, Cinnamon, Nutmegs, Mace, &c. in the making up of your Butter; for Oyle and Butter will incorporate and agree very kindly and naturally together. And how to make the said oyles, with all necessary vessels, instruments, & other circumstances, by a most plain & familiar description: see my *Sewell-house of Art and Nature*, under the title of *Distillation*.

22. *How to make a larger and daintier Cheeze of the same proportion of milke than is commonly used or knowne by any of our best Dairy-women at this day.*

Having brought your Milke into Curds by ordinary renet, either
breake

Cookery and Huswifery.

break them with your hands, according to the usuall manner of other Cheeses, and after, with a fletting dish, take away as much of the whey as you can ; or else put the Curds, without breaking, into your moat : let them so repose one houre, or two, or three ; and then, to a Cheese of two gallons of milke, adde a weight of ten or twelve pound : which weight must rest upon a cover that is fit with the moat or case ; wherein it must truely descend by degrees as you increase your weight, or as the Curds doe sinke and settle. Let your Curds remaine so all that day and night following, untill the next morning : and then turne your Cheese or Curds, and place your weight againe thereon, adding from time to time, some more weight, as you shall see cause. Note, that you must lay a cloth both under and over your Curds at the leaft, if you will not

Cookery and Huswifery.

not wrap them all over, as they doe in other Cheeses, changing your cloth at every turning. Also if you will worke in any ordinary moat, you must place a round and broad hoope upon the moat, being just of the selfe same bignesse or circumference, or else you shall make a very thinne Cheese. Turne these Cheeses every morning and evening, or as often as you shall see cause, till the whey bee all runne out; and then proceed as in ordinary Cheeses. Note, that these moates would bee full of holes, both in the sides and botome, that the whey may have the speedier passage. You may also make them in square boxes full of holes, or else you may devise moates or cases, either round or square of fine wicker; which, having wicker covers, may by some slight bee so stayed, as that you shall need onely morning and evening to turne

Cookery and Huswifery.

turne the wrong side upward, both the bottomes being made loose, and so close and fitting, as they may sinke truely within the moate or mould, by reason of the weight that lyeth thereon. Note, that in other Cheeses the cover of the moate shutteth over the moate: but in these the covers descend and fall within the moates. Also your ordinary Cheeses are more spongious and full of eyes than these, by reason of the violent pressing of them; whereas these Cheeses seeling gently and by degrees, doe cut as close and as firme as Marmelade. Also in those Cheeses which are pressed out after the usuall manner, the whey that commeth from them if it stand a while, will carry a creame upon it, whereby the Cheese must of necessitie bee much lesse, and (as I ghesse) by a fourth part: whereas the whey that commeth from these new kinde of Cheeses

Cookery and Huswifery.

Cheeses is like faire water in colour, and carrieth no strength with it. Note also, that if you put in your Curds unbroken, not taking away the whey that is flueth in the breaking of them, that so the cheeses will yet bee so much the greater: but that is the more troublesome way, because the Curds, being tender, will hardly endure the turning, unlesse you bee very carefull. I suppose, that the Angelores in France may bee made in this manner in small baskets, and so likewise of the Parmesan: and if your whole Cheeses consist of unflatten milke, they will bee full of batter, and eate most daintily, being taken in their time, before they bee too dry: for which purpose you may keep them, when they begin to grow dry, upon greene Rutes or Nettles. I have robbed my wifes Dairy of this secret, who hath hitherto refused all recompences that have beeene offered her

Cookery and Huswifery.

her by Gentlewomen for the same, and had I loved a Cheese my selfe so well as I like the receipt, I thinke I should not so easily have imparted the same at this time. And yet I must needs confess, that for the better gracing of the Title, where-with I have fronted this Pamphlet, I have been willing to publish this with some other secrets of worth, for the which I have many times refused good store both of crowns & angels. And therefore let no Gentlewoman thinke this Booke too deare, at what price soever it shall bee valued upon the sale thereof: neither can I esteem the worke to be of lesse than twenty yecres gathering.

23. Clouted Creame.

Take your Milke, being new milked, and presently set it upon the fire from morning untill the evening,

Cookery and Hauifery.

evening, but let it not seethe : and this is called my Lady Young's clowted Creame.

24. Flesh kept sweet in Summer.

Y^OU may keep Veale, Mutton, or Venison in the heate of Summer nine or ten dayes good, so as it bee newly & faire killed, by hanging the same in an high and wwindy roome. (And therefore a plate cupboard full of holes, so as the winde may have a thorow passage, would bee placed in such a roome, to avoid the offence of Fly-blowes.) This is an approved secret, easie and cheap, and very necessary to bee knowne and practised in hot and tainting weather. Veale may be kept ten dayes in bran.

25. Mustard-Meale.

IT is useall in Venice to sell the meale of Mustard in their Markets, as

Cookery and Huswifery.

as we doe flower and meale in England : this meale, by the addition of Vinegar , in two or three dayes becommeth exceeding good Mustard ; but it would bee much stronger and finer, if the huskes and huls were first divided by searce or boulter ; which may easily bee done, if you dry your seeds against the fire before you grinde them. The Dutch iron hand-mils , or an ordinary Pepper-mill, may serve for this purpose. I thought it very necessary to publish this maner of making your sawce , because our Mustard, which we buy from the Chandlers at this day, is many times made up with vile and filthy Vinegar, such as our stomacks would abhorre, if we should see it before the mixing thereof with the seeds.

26. How to avoid smoake in broyling of Bacon, Carbonado, &c.

Make little dripping pans of paper, pasting up the corners with Starch

Cookery and Huswifery.

starch or paste : wet them a little in water (but Pope Pius Quintus his Cooke will have them touched over with a feather first, dipped in oyle or molten butter :) lay them on your grid-iron, & place therein your slices of Bacon , turning them as you see cause. This is a cleanly way , and a-voideth all smoake. In the same man-
ner you may also broile thinne slices of Polonian Sawfedges, or great Oy-
sters : for so were the Popes Oysters dressed. You must bee carefull, that your fire under the Grid-iron flame not , lest you happen to burne your dripping-pans: and therfore all cole-
brands are here secluded.

27. The true bottling of Beere.

Vhen your Beere is ten or twelve dayes old, whereby it is growne reasonable cleere, then

Cookery and Huswifery.

then bottle it, making your corkes very fit for the bottles, and stop them close: but drinke not of this beere, till they begin to work again, and mantle, and then you shall finde the same most excellent and spritely drinke: and this is the reason why bottle-ale is both so windy and muddy, thundering and smoaking upon the opening of the bottle, because it is commonly bottled the same day that it is laid into the cellar; wherē by its yeast, being an exceeding windy substance, being also drawne with the ale not yet fined, doth incorporate with the drinke, and maketh it also very windy: and this is all the Lime and Gun-powder wherewith bottle-ale hath been a long time so wrongfully charged.

28. How to help your bottles when they are musty.

Some put them in an Oven when the bread is newly drawn, closing G up

Cookery and Huswifery.

up the Oven, and so let them rest till morning. Others content themselves with scalding them in hot li-
quor only till they be sweet.

29. How to break whites of Egges speedily.

A Figge or two shred in pieces and then beaten amongst the whites of Egges, will bring them into an oyle speedily: some break them with a stabbed rod; and some, by wring-
ing them often thorow a sponge.

30. How to keep flyes from oyle-peeces.

A Line limed over, and strained about the crest of oyle-peeces or pictures, will catch the Flyes, that would otherwise deface the pictures. But this Italian concept, both for the rarenesse and use thereof, doth please

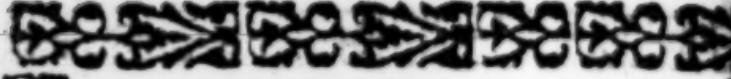
Cookery and Huswifery.

please me above all other, viz. Prick a cowcumber full of barley-cornes, with the small spiring ends outward: make little holes in the cowcumber first with a wooden or bone bodkin, and after put in the grain: these, being thicke placed, will in time cover all the cowcumber, so as no man can discerne what strange plant the same should be. Such cowcumbers are to be hung up in the midst of Summer roomes, to draw all the Flies unto them, which otherwise would flye upon the pictures or hangings.

31. *To keep Lobsters, Crabfishes, &c.*
sweet and good for some
few dayes.

THese kindes of fish are noted to bee of no durability or lasting in warme weather: yet, to prolong their dayes a little, though I feare I shall raise the price of

G 2 them



Cookery and Huswifery.

them by the discovery amongst the Fishmongers (who only in respect of their speedy decay, do now and then afford a penny worth in them) if you wwrap them in sweet and course rags first moistned in brine, and then bury these clothes in Callis sand, that is also kept in some coole or moist place: I know by mine owne experience, that you shall finde your labour well bestowed, and the rather, if you lay them in severall clothes, so as one do not touch the other.

32. Divers excellent kindes of Bottle-ale.



I Cannot remember, that ever I did drinke the like Sage-ale at any time, as that wwhich is made by mingling two or three drops of the extracted oyle of Sage with a quart of Ale, the same being well brewed out of one pot into another,

Cookery and Huswifery.

ther: and this way a whole Stand of sage ale is very speedily made. The like is to bee done with the oyle of Mace or Nutmegs. But if you will make a right **Godlips** cup, that shall farre exceed all the ale that ever mother **Bunch** made in her life time, then in the bottling up of your best ale, tunne halfe a pint of white Ipotraste that is newly made, and after the best receipt, with a pottle of ale: stop your bottle close, and drinke it when it is stale. Some commend the hanging of roasted Orenges prickt full of Cloves in the vessel of ale, till you finde the taste thereof sufficiently graced to your owne liking.

33. How to make Worme-wood wine very speedily, and in great quantity.

TAKE small Rochell or Coniake wine, put a few drops of the
G 3 extra-

Cookery and Hhuswifery.

extracted oyle of Wormwood therein: brew it together (as before is set downe in bottle-ale) out of one pot into another, and you shall have a more neat and wholesome wine for your body than that which is sold at the Still-yard for right Wormwood-wine.

34. Rose-water and Rose-vinegar of the colour of the Rose, and of the Cowslip, and Violet-vinegar.

If you would make your Rose-water and Rose-vinegar of a Ruby colour, then make choice of the crimson-velvet-coloured leaves, clipping away the whites with a paire of theeres; and being thorow dried, put a good large handfull of them into a pint of Damaske or red Rose-water: stop your glasse well, and set it in the Sunne till you see that the leaves have lost their colour: or, for more expedition you may performe this work in balneo in a few houres;

and

Cookery and Huswifery.

and when you take out the old leaves, you may put in fresh, till you find the colour to please you. Keep this Rose-water in glaſſes very well ſtopt; the fuller the better. What I have ſaid of Rose-water, the ſame may alſo bee intended of Rose-vinegar, Violet, Marigold, and Cowſlip-vinegar; but the whiter Vinegar you chufe for this purpoſe, the colour thereof will bee the brighter: and therefore diſtilled Vinegar is beſt for this purpoſe, ſo as the ſame be warily diſtilled with a true diſtillation of parts, according to the manner expreſſed in this booke in the diſtillation of Vinegar.

35. To keep the juice of Orengeſ and Lemmons all the yeere for ſauce, juleps, and other purpoſes.

Expreſſe their juice, and paſſe it thorow an Ipocratſe bagge, to clarifie it from his impurities:

G 4 then

Cookery and Huswifery.

then fill your glasse almost to the top; cover it closely, and let it stand so till it have done boiling: then fill up your glasse with good fallet oyle, and set it in a coole closet or buttery, where no Sunne commeth: the aptest glasses for this purpose, are straight upright ones, like to our long beere-glasses, which would bee made with little round holes within two inches of the bottome, to receive apt fawcets: and so the grounds or lees would settle to the bottome, and the oyle would sink downe with the juice so closely, that all putrefaction would bee avoided: or, in stead of holes, if there were glasse pipes, it were the better and readier way, because you shall hardly fasten a fawcet well in the hole. You may also in this manner preserve many juices of herbes and flowers.

And because that profit and skill united doe grace each other, if (courteous Ladies) you ywill lend eares, and follow my direction, I will here furnish

Cookery and Huswifery.

furnish a great number of you (I would I could furnish you all) with the juice of the best Civill Oren- ges at an easie price. About All- hollantide, or soone after, you may buy the inward pulp of Civill O- renges, wherein the juice resteth, of the Comfit-makers for a small mat- ter, who doe onely or principally respect their rindes, to preserve and make Orengeado'es withall : this juice you may prepare and reserve as before.

36. How to purifie and give an excellent smell and taste unto Sallet oyle.

Put Sallet oyle into a vessell of ywood or earth, having a hole in the bottome: to every foure quarts of water, adde one quart of oyle, and with a wooden spoone or spattle, beat them well together for a quar-

Cookery and Huswifery.

ter of an houre ; then let out the water, preventing the oyle from is-
sing, by stopping of the hole : re-
peat this worke two or three times,
and at the last you shall finde your
oyle well cleansed or clarifid. In this
manner you may also clarifie capons-
grease, being first melted, and wor-
king with warme water. All this is
borrowed of *M Bartholomæus Scipi-
us*, the Master Cooke of *Pope Pius
Quintus* his privie Kitchen: I thinke
if the last agitation were made in
Rose-water, wherein also cloves or
nutmegs had been macerated, that
so the oyle would be yet more plea-
sing.

Or if you set a Jarre-glaſe in bal-
neo, full of sweet oyle, with some
store of bruised cloves, and rindes
of civill Orenges or Lemmons al-
so therein, and so continue your
fire for two or three houres, and
then letting the cloves and rindes
remain in the oyle, till both the sent
and taste do please you; I think ma-

ny

Cookery and Huswifery.

ny men, which at this day doe loath
oile (as I my self did not long since)
would be easily drawne to a suffici-
ent liking thereof.

37. How to clarifie without any distil- lation, both white and claret wine-vinegar for gellies or sauces.

TO every sixe pints of good wine-
vinegar, put the whites of two
new-laid Egges well beaten: then
put all into a new leaden pipkin, &
cause the same to boile a little over a
gentle fire; then let it run thorow a
course gelly-bagge twice or thrice,
and it will bee very cleere, and keep
good one whole yeere.

38. To make a most delicate white salt for the Table.

FIRST, calcine or burn your white
salt: then dissolve it in cleer conduit
water:

Cookery and Huswifery.

water: let the water stand without stirring, forty eight hours: then carefully draw away all the clear water onely: filter it, and after evaporate the filtered liquor, reserving the salt. Some leave out calcination.

39. A delicate Candle for a Ladies Table.

Cause your Dutch Candles to bee dipped in Virgin-waxe, so as their last coate may bee meerly waxe: and by this meanes you may catry them in your hand without melting, and the sent of the tallow will not breake thorow to give offence: but if you would have them to resemble yellow waxe-candles, then first let the tallow be coloured with Turmerick boiled therein, and strained: and after your candles have been dipped therein to a sufficient greatnessse, let them take their last coat

Cookery and Huswifery.

coat from yellow waxe: this may be done in a great round Cane of tin-plate, having a bottome, and being somewhat deeper than the length of your candles: and as the waxe spendeth, you may still supply it with more.

40. How to hang your Candles in the ayre without can- dlestickes.

THIS will make a strange shew to the beholders that know not the conceit. It is done in this manner: Let a fine Virginall wyar be conveyed in the middest of every week, and left of some length above the candle, to fasten the same to the posts in the roofe of your house: and if the roome bee any thing high roofed, it will bee hardly discerned, and the flame, though it consume the tallow, yet it will not melt the wyar.

Cookery and Huswifery.

41. To make Rose-vinegar.

MAcerate or steepe Rose-leaves
in faire water : let them lye
therein till they wexe sowre in
smell, and then distill
the water.

SWEET

SWEET POWDERS, OYNTMENTS, BEAUTIES, &c.

1. An excellent Damaske-powder.



Ou may take of yrcos halfe a pound, Rose-leaves foure ounces, cloves one ounce, Lignum Rhodium two ounces, Storax one ounce & a halfe, Muske and Civet of each ten graines; beat and incorporate them well together.

2. An excellent hand-water, or washing water, very cheap.

TAKE a gallon of faire water, one handfull of Lavender-flowers, a few Cloves, and some Orace-powder,

Sweet powders,

powder, and foure ounces of Benjamin: distill the water in an ordinary leaden Still. You may distill a second water by a new infusion of water upon the Lees: a little of this will sweeten a bason of faire water for your Table.

3. A ball to take staines from Linnen.

Take foure ounces of white hard Sope: beat it in a mortar with two small Lemmons sliced, and as much roch Alisme as an hasell Nut: roule it up in a ball: rubbe the staine therewith; and after, fetch it out with warme water, if need be.

4. A sweet and delicate Pomander.

Take two ounces of Labdanum; of Benjamin and Storax, one ounce: Muske, six graines: Ciyet, six graines:

Oyntments, Beauties, &c.

graines: Amber-grease, sixe graines: of Calamus Aromaticus and Lignum Aloes, of each the weight of a groat: beat all these in a hot mortar, and with an hot pestell, till they come to paste: then wet your hand with Rose-water, and roule up the paste suddenly.

5. To take staines out of ones hands presently.

Y^OU may doe this with the juice of Sorrell, washing the stained place therein.

6. To take away spots and freckles from the face or hands.

T^He sappe that isfluxeth out of a Birch tree in great abundance, being opened in March or Aprill, with a receiver of glasie set under the boring thereof to receive the same, doth performe the same most excel-

Sweet powders,

excellently, and maketh the skinne
very cleere. This sap will dissolve
pearle, a secret not knowne unto
many.

*7. A white fucus or beauty
for the face.*

THe jaw bones of a Hogge or Sow
well burnt, beaten, and searc'd
thorow a fine Searce, and after,
ground upon a porphyrie or serpen-
tine stone, is an excellent fucus, be-
ing laid on with the oyle of white
Poppy.

*8. A delicate washing
Ball.*

TAke three ounces of Orace, halfe
an ounce of Cypres, two ounces
of Calamus Aromaticus, one ounce
of Rose-leaves, two ounces of La-
vender-flowers: beat all these toge-
ther in a mortar, searc'ing them tho-
row a fine Searce, then scrape some
castill

Oyntments, Beanties, &c.

castill sope, and disioyle it with some Rose-water, then incorporate all your powders therewith, by labouring of them well in a mortar.

9. Damaske-powder.

TAKE five ounces of Orace, two ounces of Cypresle, two ounces of calamus, halfe an ounce of cloves, one ounce of Benjamin, one ounce of Rose-leaves, one ounce of Storax calamitum, halfe an ounce of Spike-flowers: mixe them well together.

10. To keep the teeth both white and sound.

OF Honey take a quart, as much Vinegar, and half so much white wine: boile them together, and wash your teeth therewith now and then.

11. To

Sweet powders,

*11. To allay heat and cleere
the face.*

Take three pints of conduit-water: boile therein two ounces of French Barley: change your water, and put in the Barley againe: repeat this so long, till your water purchase no colour from the Barley, but become very cleere: boile the last three pints to a quart: then mixe halfe a pint of white wine therin; and when it is cold, wring the juice of two or three good Lemmons therein; and use the same for the Morpheu, heat of the face or hands, and to cleere the skin.

*12. Skin kept white and
cleere.*

Wash the face and body of a sucking childe with breast-milke, or Cow-milke, or mixed with water,

Oyntments, Beanties, &c.

water, every night: and the child's skin will wexe faire and cleere, and resist Sun-burning.

13. An excellent Pomatum to cleere the skinne.

WAsh Barrowyes grease oftentimes in May-deaw that hath beene clarified in the Sunne, till it bee exceeding white: then take Marshmallow roots, scraping off the outsides: then make thinne slices of them, and mixe them: set them to macerate in a seething Balneo, and scumme it well till it be thorowly clarified, and will come to rope: then straine it, and put now and then a spoonfull of May-deaw therein, beating it till it bee thorow cold in often change of May-deaw: then throw away that deaw, and put it in a glasse, covering it with May-deaw: and so reserve it to your use. Let the Mallow roots bee two or three daies
dryed

Sweet powders,

dryed in the shade before you use them. This I had of a great professor of Art, and for a rare and dainty Secret, as the best fucus this day in use.

14. Another minerall fucus for the face.

Incorporate with a wooden pestle, and in a wooden mortar with great labour, foure ounces of sublimate, and one ounce of crude Mercury, at the least sixe or eight houres (you cannot bestow too much labour herein :) then, with often change of cold water, by ablution in a glasle, take away the salts from the sublimate : change your water twice every day at the least ; and in seven or eight dayes (the more the better) it will be dulcified, and then it is prepared. Lay it on with the oyle of white Poppy.

Decorative border at the top of the page.

Oyntments, Beanties, &c.

15. To take away Chilblanes out
of the hands or feet.

Boile halfe a pecke of Oates in a quart of water, till they wexe dry; then having fust anointed your hands with some good Pomatum, and well chafed them, hold them within the Oates as hot as you may well suffer them, covering the bowle wherein you put your hands, with a double cloth to keep in the steame of the Oates. Doe this three or four times, and you shall finde the effect. The same Oats will serve to be sodden with fresh water three or four times.

16. To help a face that is red or
pimpled.

Dissolve common Salt in the juice of Lemmons, and with a linnen

Sweet powders,

linnen cloth pat the patients face
that is full of heate or pimples. It
cureth in a fewe dressings.

17. Aliter.

TAKE of those little whelkes or
shels which some doe call ginny
money: wash five or sixe of them,
and beat them to fine powder, and
infuse the juice of Lemmons upon
them, and it will presently boile:
but if it offer to boile out of your
glassie, then stop the mouth thereof
with your finger, or blow into it.
This will in a short time bee like an
ointment, with which you must an-
oint the heat or pimples of the face
oftentimes in a day, till you finde
helpe. As the ointment dryeth, put
more juice of Lemmons to it. This
of an outlandish Gentlewoman, and
it is an assured remedy, if the heate
bee not very extreme. Some have
found by experience, that bathing
of

Oynments, Beanties, &c.

of the face with hot Vinegar every night when they goe to bed, doth mightily repell the humour.

18. *Aliter.*

Quilt bay salt well dried and powdered in double linnen socks of a pretty bignesse ; let the patient weare them in wide hose and thooes day and night, by the space of fourteen dayes, or till he be well : every morning and evening let him dry his socks by the fire, and put them on againe.

This helped M. *Foster*, an Essex man, and an Attorney of the common Pleas, within these few yeeres, but now deceased ; whose face ywas, for many yeeres together, of an exceeding high and furious colour, of my owne knowledge, and hath spent much money in physick without any successe at all, untill hee obtained

H this

Sweet powders,

this remedy. The patient must not take any wet of his feete during the cure.

19. *Aliter & optimè.*

Take halfe a pound of white distilled Vinegar, two new-laid Egges with their shels, two spoonfuls of the flowers of brimstone: let these macerate in the Vinegar by the space of three dayes: then take out the Egges, and prick them full of holes with a Needle, but not too deep, lest any of the yolke should happen also to issue: let that liquor also mixe with the Vinegar; then straine all thorow a fine cloth, and tye up the Brimstone in the cloth, like a little ball; dip this ball in the strained liquor when you use it, and pat it on the place three or foure times every day: and this will cure any red face in twelve or fourteen daies.

Oyntments, Beauties, &c.

daies. Some doe also commend the same for an approved remedy against the Morphew; the brimstone ball must be kept in some close thing from the ayre.

*23. How to take away any pimple
from the face.*

Brimstone ground with the oyle of Turpentine, and applyed unto any pimple one houre, maketh the flesh to rise spongius: which being annointed with the thicke oyle of Butter that ariseth in the morning from new Milke sodden a little over night, will heale and scale away in a few dayes, leaving a faire skinne behinde. This is a good skinning salve.

Sweet powders,

21. To help any Morphew, Sunne-burning, itch, or red face.

Steep two sliced Lemmons, being large and faire, in a pint of conduit water: leave them four or five dayes in infusion, covering the water; then straine the water, and dissolve therein the quantity of a hasell Nut of sublimate (some hold a dram a good proportion to a pint of water) finely powdred: let the patient wet a cloth therein, and rubbe the place where the griefe is, every morning and evening a little, till the hew doth please her; you may make the same stronger or weaker, according to good discretion.

22. For the Morphew.

Take a pint of distilled Vinegar; lay therein two new-laid Egges whole

Oynments, Beauties, &c.

whole with their shels, three yellow Dock-roots, picked and sliced, two spoonfuls of the flowers of brim-stone: and so let all rest three dayes, and then use this liquor, with a cloth rubbing the place three or foure times every day; and in three or foure daies it commonly helpeth: put some bran in your cloth before you moisten your cloth therein, binding it up in forme of a little ball.

This of Master Rich of Lee, who helped himselfe and a gallant Lady therewith in a few dares.

23. To take away the freckles in the face.

Wash your face in the wane of the Moone with a sponge, morning and evening, with the distilled water of Elder-leaves, letting the same dry into the skinne. Your water must be distilled in May. This

Sweet powders,
from a Traveller, who hath cured
himselfe thereby.

24. *To cure any extreme bruise
upon a sore fall on the face,
or any other member
of the body.*

Presently after the fall, make a great fire, and apply hot clothes one after another, without intermission, the Patient standing neere the fire for one houre and a halfe, or till the swelling bee cleane abated. This I knew proved with good successse, in a maide that fell downe a paire of staires, whereby all her face was extremely disfigured. Some hold opinion, that the same may bee performed with clothes wet in hot water, and then wrung out againe before application. Then, to take away the changeable colours which doe accustomably follow all bruises, shred the root of a green or growing flower-

• *Oyntments, Beauties, &c.*

flower-delucc: beat it with red Rose-water, and grinde it till it come to a salve: apply the same, and in few houres it takes away all the colours; but if it lye too long, it will raise pimples: and therefore so soone as the colours be vanished, immediately remove the salve.

25. *How to keep the teeth cleane.*

Calcine the tops and branches of Rosemary into ashes, and to one part thereof put one part of burnt Allome: mixe them well together, and with thy finger, first moistened a little with thy spittle, rubbe all thy teeth over a pretty while every morning till they bee cleane, but not to galling of thy gummes: then sup up some faire water or white wine, gargling the same up and downe thy mouth a

H 4 while

Sweet powders,

while, and then dry thy mouth with a towell. This of an honest Gentleman, and a painfull gatherer of phisicall receipts.

26. *Sweet and delicate dentifrices, or rubbers for the teeth.*

Dissolve in four ounces of warm water, three or four drammes of Gumme Dragant, and in one night this will become a thicke substance like gelly ; mingle the same with the powder of Alabaster finely ground and searced : then make up this substance into little round rolls, of the bignesse of a childe's arrow, and four or five inches in length. Also if you temper Roset, or some other colour (that is not hurtfull) with them, they will shew full of pleasing veines. These you may sweeten either with Rose-water, Civet, or Muske. But if your teeth be

Oyntments, Beanties, &c.

be very scaly, let some expert Barber first take off the scales with his instrument, and then you may keep them cleane by rubbing them with the aforesaid roules.

And here, by those miserable experiences that I have seen in some of my nearest friends, I am enforced to admonish all Gentlewomen to be carefull how they suffer their teeth to be cleansed and made white with any *Aqua fortis*, which is the Barbers usuall water: for unlesse the same bee both well allayed, and carefully applyed, shee may happen within a few dressings to be forced to borrow a ranke of teeth to eate her dinner, unlesse her gummes doe helpe her the better.

27. A delicate Stove to sweat in.

I Know that many Gentlewomen, as well for the clearing of their
H 5 skins

Sweet powders,

skins, as cleansing of their bodies, doe now and then delight to sweat. For the which purpose, I have set downe this manner following, as the best that ever I obtrued: Put into a brasie pot of some good content, such proportion of sweet herbes, and of such kinde as shall bee most appropriate for your infirmity, with some reasonable quantity of water, close the same with an apt cover, and well luted with some paste made of flower and whites of Egges: at some part of the cover you must let in a leaden pipe (the entrance whereof must also bee well luted:) this pipe must bee conveyed thorow the fide of the chimney, where the pot standeth in a thicke hollow stake of a bathing tub crossed with hoopes, according to the usuall manner, in the top, which you may cover with a sheet at your pleasure. Now, the steame of the pot passing thorow the pipe under the halfe bottome of the bathing tub, which must bee bored full

Oyntments, Beauties, &c.

full of bigge holes, will breathe so sweet and warm a vapour upon your body, as that (receiving ayre, by holding your head without the tub as you sit therein) you shall sweate moist temperately, and continue the same a long time without fainting. And this is performed with a small charcole fire maintained under the pot for this purpose. Note, that the roome would bee close wherein you place your bathing tub, lest any sudden cold should happen to offend you whilst your body is made open and porous to the ayre.

28. *Divers sorts of sweet hand-waters made suddenly or ex tempore, with extracted oyles of spicies.*

First; you shall understand, that whensoever you shall draw any

or

Sweet powders,

of the aforesaid Oyles of Cinnamon, Cloves, Mace, Nutmegs, or such like, that you shall have also a pottle or gillon, more or lesse, according to the quantity which you draw at once, of excellent sweet washing water for your table: yea some doe keep the same for their broths, wherein otherwise they should use some of the same kinde of spice.

But if you take three or foure drops onely of the oyle of Cloves, Mace, or Nutmegs; (for Cinnamon oyle is too costly to spend this way) and mingle the same with a pint of faire water, making agitation of them a pretty while together in a glasse, having a narrow mouth, till they have in some measure incorporated themselves together, you shall finde a very pleasing and delightfull water to wash with, and so you may alwayes furnish your self of sweete water of severall kindes, before such time as your guests shall be

Oyntments, Beauties, &c.

be ready to sit down. I speak not here of the oyle of Spike (which will extend very far this way) both because every Gentlewoman doth not like so strong a sent, and for that the same is elsewhere already commended by another Author. Yet I must needs acknowledge it to bee the cheaper way, for that I assure my selfe there may be five or sixe gallons of sweete water made with one ounce of the oyle, which you may buy ordinarily for a groat at the most.

29. An excellent sweet water for a casting bottle.

TAke three drammes of oyle of Spike, one dramme of oyle of Thyme, one dram of oyle of Lemmons, one dram of oyle of Cloves, then take one graine of Civet, and three graines of the aforesaid composition well wrought together: temper them well in a silver spoone with your finger; then put the same into a silver

Sweet powders,

silver bowle, washing it out by little and little into the bowle with a little Rose-water at once, till all the oyle bee washed out of the spoone into the bowle: and then doe the like by washing the same out of the bowle with a little Rose-water at once, till all the sent bee gotten out, putting the Rose-water still in a glasse, when you have tempered the same in the bowle sufficiently. A pint of Rose-water will bee sufficient to mingle with the said proportion: and if you finde the same not strong enough of the Civet, then you may to every pint put one graine and a halfe, or two graines of Civet to the weight of three graines of the aforesaid composition of oyles.

30. To colour a blacke haire presently into Chesnut colour.

THIS is done with oyle of Vitriol; but you must doe it very carefully, not touching the skin.

Oyntments, Beauties, &c.

31. A present and delicate perfume.

Lay two or three drops of liquid Amber upon a glowing coale, or a peece of Lignum Aloes, Lignum Rhodium, or Storax.

32. To renew the sent of a Pomander.

TAke one graine of Civet, and two of Muske, or if you double the proportion, it will bee so much the sweeter: grinde them upon a stome with a little Rose-water; and after, wetting your hands with Rose-water, you may worke the same in your Pomander. This is a sleight to passe away an old Pomander: but my intention is honest.

33. How

Sweet powders,

33. *How to gather and clarifie
May-dew.*

When there hath fallen no raine
the night before, then with a
cleane and large sponge, the next
morning you may gather the same
from sweet herbes, grasse, or corne:
straine your dew, and expose it to
the Sun in glasse covered with pa-
pers or parchment prickt full of
holes; straine it often, continuing
it in the Sun, and in an hot place till
the same grow white and cleare,
which will require the best part of
the Summer.

Some commend May-dew gathe-
red from Fennell and Celandine, to
bee most excellent for sore eyes: and
some commend the same (prepared
as before) above Rose-water for pre-
serving of fruits, flowers, &c.

Oyntments, Beauties, &c.

34. Divers excellent sents for Gloves,
with their proportions and other
circumstances, with the
manner of perfu-
ming.

THE Violet, the Orenge, the
Lemmon, duely proportioned
with other sents, performe this well;
so likewise of Labdanum, Storax,
Benjamin.

The manner is this: First, lay
your Amber upon a few coales, till it
begin to crack like lime: then let it
coole of it self, taking away the coals:
then grinde the same with some yel-
low Ocre, till you perceive a right
colour for a glove: with this mixture
waul over your glove with a little
haire brush upon a smooth stone
in every seame, and all over: then
hang your gloves to dry upon a
line: then with Gumme Dragagant
dissolved in some Rose-water, and
ground with a little oile de Ben, or of
sweet

Sweet powders,

sweet Almonds upon a stone : strike over your Gloves in every place with the gumme and oyle so ground together : doe this with a little sponge, but bee sure the Gloves bee first thorowly dry, and the colour well rubbed and beaten out of the Glove: then let them hang againe till they bee dry, which will bee in short time. Then, if you will have your Glove to lie smooth & faire in shew, goe over it againe with your sponge, and the mixture of gumme and oyle, and dry the Glove yet once againe. Then grinde upon your stone two or three graines of good Muske, with halfe a spoonfull of Rose-water, and with a very little peece of a sponge take up the composition by a little and a little ; and so lay it upon your Glove, lying upon the stone. Picke and strain your Gum Dragagant before you use it. Perfume but the one side of your Glove at once, and then hang it up to dry, and then finish the other side. Ten grains of Musk will give

Oyntments, Beanties, &c.

give a sufficient perfume to eight
paire of Gloves. Note also, that this
perfume is done upon a thin Lambes
leather Glove; and if you work upon
a Kids skin or Goats skin, which is
usuall leather for rich perfumes, then
you must adde more quantity of the
oyle of Ben to your Gumme, and goe
over the Glove twice therewith.

*35. Sweet bags to lye among
Linnen.*

Fill your bags onely with Lignum
Rhodium, finely beaten, and it
will give an excellent sent to your
linnen.

*36. To make haire of a faire yellow
or golden colour.*

THe last water that is drawne
from Honey, being of a deep
red colour, performeth the same
excel-

Sweet powders,

excellently : but the same hath a strong smell, and therefore must bee sweetned with some aromaticall body.

Or else the haire being first cleane washed, and then moistened a pret-ty while by a good fire in warme Al-lome water with a sponge, you may moisten the same in a decoction of Turmerick, Rubarb, or the Barke of the Barberry tree ; and so it will re-cieve a most faire and beautifull colour.

The Dogberry is also an excellent berry to make a golden liquor with-all for this purpose: beat your Allom to powder ; and when the water is ready to seethe, dissolve it therein : foure ounces to a pottle of water, will be sufficient: let it boile a while, straine it , and this is your Allome-liquor wherewith you must first pre-prepare the haire.

Oyntments, Beauties, &c.

37. How to colour the head or beard
into a Chesnut colour in halfe
an houre.

TAke one part of Lead calcined
with Sulphur, and one part of
quick Lime ; temper them somewhat
thinne with water : lay it upon the
haire, chafing it well in, and let it dry
one quarter of an houre, or therea-
bout ; then wash the same off with
faire water divers times : and lastly,
with sope and water, and it will bee
a very naturall haire-colour. The
longer it lyeth upon the haire, the
browner it groweth. This coloureth
not the flesh at all, and yet it la-
steth very long in the haire.

Sæpius expertum.

FINIS.



May 1st

